

# WAC's Physical Training Program

Because we believe the Physical Training Program of the Women's Army Corps is outstanding and should be made known to the entire country, and because our readers can assist in distributing this information effectively, ARMY TIMES is reprinting in this issue in condensed form the Official WAC Field Manual on PHYSICAL TRAINING.

The manual, developed under the direction of Capt. Donna I. Niles, acting director of the Well-Being Division, is used in the WAC basic training program. It shows the physical training the WACs receive, and will be of special interest to those women who are eligible to volunteer for service in the U. S. Army.

Right now the All-States WAC Recruiting Campaign is under way—closing date is December 7. Governors of each

of the 48 states shall to direct an All-States Training Division of the Army. Readers sending their asking that if teering, or by who are eligi tant work the

teers—the opportunity for them to serve in the U. S. Army.

The condensed text begins on Page 7. The manual is being reprinted in book form by the INFANTRY JOURNAL, 1115 17th Street, N.W., Washington, D. C. (Paper 50c; cloth \$1.00.)



## ARMY TIMES



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WHEN VINCENT Costante completed his part of the work on a statue of Lief Erickson 13 years ago, he little thought of seeing the memorial again. The statue was presented to the government of Iceland by the U. S. in 1930. The fortunes of war, however, decreed that Costante, now a private first class, follow the trail of the statue. This shows Costante explaining the features of the statue to a small group of Icelanders, including a member of the local constabulary (in uniform next to Costante).

### 50 Enlisted Men Stake Lives in Malaria Test

WASHINGTON—Another page in the history of the United States Army's fight against malaria has been written by 50 enlisted men, who staked their health in the jungles of New Guinea to demonstrate the danger of malaria without preventive treatments.

For their actions "beyond the call of duty," the 50 men have been awarded the Legion of Merit, the War Department announced.

The men volunteered to expose themselves to malarial infection for a period of six weeks. No steps were taken to ward off the potentially deadly attack of the anopheles mosquito, and an undisclosed number of the volunteers contracted the disease. They got prompt treatment, but only after they became victims.

While participating in the experiment, the men spent their working hours at hard physical labor clearing jungles, digging ditches and building bridges. They were quartered in a swampy coconut grove close to a native village where the inhabitants showed a high percentage of malarial infection.

Simultaneously, malaria tests were conducted with two other groups of

soldiers. One of these was given atabrine as a malaria suppressive, while the second group used a drug whose efficacy has not been disclosed fully. The purpose of the triple experimentation was to obtain comparative data on the malaria cases contracted in the three groups.

The action of the volunteers recalls the part played by a group under Maj. Walter Reed in the conquest of yellow fever in Cuba in 1900-1901. The Honorable Elihu Root, then Secretary of War, expressed the opinion: "The brilliant character of this scientific achievement, its inestimable value to mankind, the saving of thousands of lives, and the deliverance of the Atlantic seacoast from constant apprehension, demand special recognition from the Government of the United States."

Accordingly, the name of Walter Reed—also memorialized in the general hospital of the Army Medical Center at Washington, D. C.—and the names of 21 other participants in the yellow fever investigations are listed annually by order of Congress on a Roll of Honor published in the Official Army Register

### Yanks Who Won In 1918 Twice As Strong Today

WASHINGTON—Today, a quarter of a century after the signing of the armistice that ended the World War, the United States is once again on the road to victory, with almost double the military might that brought victory on November 11, 1918.

When the World War ended, the United States had an Army of 4,057,101 officers and enlisted men, of whom 2,086,000 were serving overseas, the majority in France.

Today, the Army is nearing its goal of 7,700,000 officers and men, and by the end of the year, some six weeks hence, 2,500,000 of these highly trained fighting men will be serving overseas, in every part of the world.

#### Jap Was An Ally

In the World War, Germany was our chief foe. Japan, whose treacherous attack on Pearl Harbor on Dec. 7, 1941, plunged the United States into this global conflict, then was one of the Allies, fighting against the Central Powers. Italy, recently knocked out as an Axis partner, also was one of the Allies in 1917-18.

While we now have been engaged in war for 23 months, as compared with the 19 months of the World War, our casualties to date are approximately only one-third of those suffered a quarter of a century ago.

World War casualties totaled 260,496, including 35,560 killed in action, 14,720 died of wounds, 205,690 wounded, 46 missing in action, and 4,480 taken prisoners of war.

In the present war our casualties so far total 89,650, including 12,841 killed in action or died of wounds, 30,263 wounded, 23,954 missing and 22,592 taken prisoners.

#### Thirteen Operations

During the World War, American soldiers participated in thirteen major operations, all but one of which were in France. These were Cambrai, Somme, Lys, Aisne, Noyon-Montdidier, Champagne-Marne, Aisne-Marne, Somme, Oise-Aisne, Ypres-Lys, St. Mihiel, Meuse-Argonne, Vittorio-Veneto (Italian front).

#### 16 Battles

So far in the present war there have been 16 battles and campaigns for which the wearing of a bronze star on the service ribbon is authorized. These are Central Pacific, Philippine Islands, East Indies, Papua, New Guinea, Guadalcanal, Northern Solomons, Burma, India-Burma, China, Aleutians, Europe, Air Offensive, Egypt-Libya, Algeria-French Morocco, Tunisia, Sicily.

When the United States entered the World War, we had but two flying fields, 55 planes—of which 51 were classified as obsolete and the other four as obsolescent—and an Air Service that numbered only 1,200 officers, enlisted men and students.

By the end of the war, the Air Service had been increased to 200,000 with approximately 5,000 pilots and observers serving overseas. We had

manufactured approximately 8,000 training planes and 3,227 DeHavilland-4 observation and day bombing planes, of which 1,885 had been shipped overseas.

Today, the Army Air Forces number close to 2,800,000 officers and men, and we are training pilots at the rate of 75,000 a year, as well as giving training to thousands of pilots of our Allies. In a single month we are manufacturing more planes than we did during an entire year during the World War, planes bigger, faster and more powerful.

#### Two Out Of Three

During the World War, two out of every three American soldiers who went overseas, approximately 1,390,000 men, saw active service at the front. Forty-two divisions reached France, and of these 29 took part in active combat service.

Today the United States has a

striking force almost three times as great. The Ground Striking Force, organized into combat divisions and supporting units, numbers 3,118,000. In addition, to this should be added the striking force of the Army Air Forces.

The Army of today has been streamlined and modernized. The old square division of the World War has been replaced by the triangular division, smaller, faster, harder-hitting.

Equipment of today is far superior to that used during the World War. The fast-shooting Garand rifle has replaced the Springfield and Enfield as the basic infantry weapon. New and more powerful machine guns and new weapons such as the carbine and the sub-machine gun, vastly improve the firepower of the army of today.

### Time Limit for Service Overseas Being Studied

WASHINGTON — Okay, you GI's overseas, we know you'd like a furlough to come home for a while. And you can be sure the Army is doing everything it can to get you that furlough—but so far it just hasn't been possible.

And the situation probably won't change until this war is shoved a good deal further in the bag.

#### Pulling Strings

Some of you have been exercising your American prerogative to write to your Congressman asking that something be done about it and some of the Congressmen have been chasing up to the War Department to try to pull a few strings. But in every case the Army has explained that "the matter of providing a definite time limit for service overseas has been studied continuously since the outbreak of hostilities, but in every such plan proposed there is the one insurmountable obstacle—insufficient shipping facilities."

This was the answer received by

Congresswoman Edith Nourse Rogers of Massachusetts this week from the Office of the Secretary of War. Mrs. Rogers had received a letter from eight mothers of Winchester, Mass., asking that their sons be granted furloughs to return home from the South Pacific, where they have been stationed for the past 21 months, and she has forwarded the request to Secretary of War Stimson.

She got back a reply from John W. Martyn, administrative assistant, explaining that present War Department policy makes each overseas commander responsible for determining when an individual should be returned to the United States.

#### Providing Relief

On the other hand, Mr. Martyn said that the Army is making an emphasis upon rotating personnel overseas from station to station within each theater in order to provide relief for those on duty at remote and small stations, as well as for those serving under severe climatic conditions.

But he pointed out that "shipping conditions in the southwest Pacific area are such that there will probably be no return of units to the United States under the rotation policy for an indefinite period. The existing policy in that area provides for the rotation of individuals and units within the southwest Pacific area to provide relief at isolated stations and in localities where climatic conditions are severe. A similar policy is followed in the South Pacific area."

"New Zealand and Australia have proved to be very suitable areas for the rest and rehabilitation of personnel withdrawn from the smaller and more remote islands, and the commander in chief, South Pacific area, and the commander in chief of the southwest Pacific area, have been rotating divisions under their commands whenever possible and consistent with the over-all tactical situation in those areas."

### Fewer WACs Than Army Is Prepared to Train, Secretary Stimson Says

WASHINGTON — Although WAC recruiting has increased during the last two months, fewer women have enlisted than the Army is prepared to train and utilize, Secretary of War Stimson stated at his press conference this week.

Present goal is 150,000 WAC's by the end of 1943, "but I doubt if we can reach it," Mr. Stimson said.

Although at one time the Army had announced that it wanted 375,000 women soldiers, it has now lowered its sights to 190,000 by the end of 1944, according to Mr. Stimson.

The Secretary of War added that there are many tasks which can be accomplished by women and the Army needs its full share of the most efficient personnel.

Copies of the Army Times are made available to all Army hospitals through the American Red Cross.



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## Senator Finds Fault in New Dependents Act

WASHINGTON — Congress this week was asked to do something about the fact that the recent amendment to the Servicemen's Dependents' Allowance Act may cause some top non-coms to refuse to accept promotions to warrant officer or commissioned officer rank.

Senator David I. Walsh pointed out in the Senate that the effect of the recent amendment will be to give enlisted men more money than some warrant officers or commissioned officers receive when there are the same number of children and dependents in each case.

### Advantages Cited

Crux of the matter is the provision which permits non-coms of the top three grades to choose between receiving dependents' allowances like other enlisted men or quarters' allowance. Men with large families will choose the former because they can make more money that way. Also the Army will now be able to utilize at their maximum ability some enlisted men who have refused promotions in the past, because "they couldn't afford them."

However, the increased dependents rates now enable a top non-com with a couple of children to make more than a second lieutenant with the same number of children. As one Coast Guardsman put it, "A chief petty officer (equivalent of master sergeant) would be insane to accept a promotion to warrant officer because he would be depriving his dependent family of the necessities he could give them by staying at the lower rate."

This is why. A master sergeant with three children receives at least:

Base pay .....	\$138
Wife allowance .....	50
First child allowance .....	30
Allowance for other children .....	40
	\$258

As a warrant officer (jg) or second lieutenant he would receive:

Base pay .....	\$150
Rental allowance .....	60
Quarters .....	42
	\$252

But out of that \$252 the warrant officer or second lieutenant must pay at least \$21 a month for eating at the officers' mess. The more children in the family, the greater the difference between the two.

### No Solution Offered

Senator Walsh had no solution to offer, but he referred the problem to the Military Affairs Committee for study.

Meanwhile, a conference agreement was reached on a bill (H. R. 2188) which would permit death gratuities to be paid to dependents other than the wife or children of a serviceman.

Senator Langer introduced a bill (S. 1512) which would entitle enlisted men to receive retirement pensions of three-fourths' active pay after six years' service if their retirement was due to disability incurred in line of duty. In explanation, Senator Langer pointed out that his bill would "eliminate the present unjust proposition under which men with long service have only pensions based upon severity of service-incurred disability to look for. Now a man may serve 15 years; be dropped for tuberculosis, and 15 years later reach an arrest tuberculosis stage and be dropped from the pension rolls to try to get a foothold in life at 50, 60, or even 70 years of age. With a protected minimum pension men could plan ahead. Present conditions severely interfere with morale."

Also introduced this week were the following bills:

H. R. 3599, which provides that personnel operating national cemeteries shall be war veterans.

H. R. 3604, which would authorize

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## 1500 Grads from ASPT Go To Various Duties

WASHINGTON — Approximately 1,500 enlisted men have been graduated from the Army Specialized Training Program and have been assigned to a wide variety of responsible duties in nearly all arms and services of the Army, the War Department announced this week.

At the end of October, approximately 140,000 soldiers were enrolled in the ASPT at 222 educational institutions. Early in 1944, these soldier-students will complete their courses in greatly increasing numbers. The 1,500 already graduated and assigned constitute more than half the number who entered the inaugural term of ASPT April 12, 1943. They are men who entered at advanced levels, and because of background and aptitude were able to absorb the required training in a relatively short time.

Two hundred graduates have been assigned to Army Air Forces medical and psychological examining units and will process aviation students, who are screened for aptitudes and qualifications early in their training. More than 100 were assigned to Army Service Forces, where they are conducting a classification survey.

Some have gone to the Sanitary Corps, and are performing their duties in such a manner that the Surgeon General's Office is increasing nearly four-fold its requests for ASPT graduates in that corps. Assignments to the Corps of Engineers have included civil engineers, chemists, chemical engineers, mechanical engineers and architects. Several hundred graduates in medicine, dentistry and veterinary medicine have been appointed in the appropriate corps of the Medical Department.

Many ASPT soldiers are being given responsible overseas assignments.

The program includes various courses to fit the soldiers for several types of special duty in the various arms and services.

A number of graduates have been selected for officer candidate schools, among them the Transportation Corps OCS and the Corps of Engineers OCS. The Army Specialized Training Program is not to be regarded, however, as a sure road to a commission, as ASPT graduates must compete with all other enlisted men for selection to fill the few vacancies in the OCS. Although the trainees' chances for advancement are enhanced by successful completion of their courses, with officer training a possibility, the primary aim of the program is to train soldiers for the highest duties they are capable of performing in specialized fields where the Army has greatest needs.

## Fifth Army Casualties In Italy Total 8556

WASHINGTON — In two months since the Allies landed in Italy and established beachheads at Salerno, the U. S. 5th Army has lost a total of 8556 casualties, Secretary of War Stimson revealed at his press conference this week.

He listed our losses as follows:  
1295 killed.  
4764 wounded.  
2497 missing.  
He said that British losses were somewhat higher.

### PVT. LILLY SADIE GERARD,

German-born, but now naturalized, a refugee from Nazism, is in training at the WAC Training Center at Fort Des Moines, Ia. Her brother, who was for some time a prisoner in a Nazi concentration camp, is now fighting in the British Army.

the President to appoint chaplains as general officers.

H. R. 3641, which provides for presenting headstones to the next of kin of servicemen whose bodies are not recoverable.

H. R. 3642, which would defer men over 38, and permit all men in service over that age to obtain discharges at their request.

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# Italian Terrain Worse Than Nazis, WD Hears

WASHINGTON—Six rounds fired point-blank at 150 yards from four 105mm. howitzers knocked out five Mark IV tanks and stopped a German armored counterattack in Italy, an Army Ground Forces observer just returned from overseas reported to the War Department this week.

The observer, Lt. Col. Frank Q. Goodell, FA, gave credit for the stopping of the German counterattack to the heroism of a young artillery lieutenant who quickly assembled the four field guns from widely scattered batteries when a large force of medium and light tanks approached his position.

## Terrain Hampers Artillery

"So rough were some areas of the Italian mountains that it was impossible to find ground level enough to place four artillery guns together. Our artillerymen wheeled their heavy guns into position under conditions more difficult than anyone can imagine," Colonel Goodell continued in his praise of the work of the field artillery in repelling the German tanks, thus permitting American infantry to advance.

"The Germans trained individual 88mm. guns upon two winding roads over which American infantrymen moved along the sides of sheer cliffs," Colonel Goodell reported further. "These roads seldom measured more than nine feet across,

spiraling upward around the mountain peaks. Often the roads dead-ended at steep-walled ravines 1,000 feet deep, where the enemy had destroyed arched bridges used by Italian mountaineers.

"Here the Germans applied one of their most common delaying tactics. Across each ravine they had spotted artillery guns in concealed positions on wooded slopes bordering each side of the road. When advance columns of American infantry approached, the Germans concentrated the combined fire of all of these guns upon a section of the road between the blown-out bridge and our troops. The German gun positions had to be blasted out of action individually before American engineers could reconstruct the bridge."

## "Maneuver" on Small Trails

Colonel Goodell told how infantrymen learned to "maneuver like Rocky Mountain goats" on foot trails not more than a yard wide and slippery with loose rocks in encircling German 88mm. gun positions.

One division, Colonel Goodell reported, became the envy of others when it received 300 large mules to pack supplies and ammunition. As soon as the Germans realized that American infantrymen were using the animals, they began a systematic slaughter of all the Italian mules they could find.

Colonel Goodell concluded that while the Germans had strong gun defenses, the rugged mountain ranges of southern Italy offered more difficulties than the enemy.

# Training, Induction Out on Turkey Day

WASHINGTON—The War Department announced this week that the Army's training schedule and induction procedures would be suspended for the observance of Thanksgiving Day, Nov. 25.

On this day registrants will not be ordered from civilian life to recruiting and induction stations for examination and induction. Men previously inducted, who are at home on the 21-day furlough to settle personal affairs and who normally would have been ordered to reception centers on this day, will have the period extended by one or two days to allow them to spend Thanksgiving Day with their families.

The same action will be taken during the Christmas holidays when the induction procedures and training schedules will be maintained except for the 24th, 25th and 26th of December, 1943, and the 1st and 2nd of January, 1944.

War Department employees will be required to work on all of the holidays with the single exception of Christmas Day.

## Colonel Humber New Callan Commander

CAMP CALLAN, Calif.—Col. George F. Humber, the post's new commanding officer, has arrived to take up the duties laid down by Col. K. C. Masteller, recently retired.

Colonel Humber is a graduate of Annapolis and has spent some 38 years in military life.

# Shelter-half Is Basis For Training Display

FORT LEONARD WOOD, Mo.—A shelter-half is being used by the Military Training Branch of the ERTC as a basis for a display to train Engineer soldiers to see and remember.

The training unit is assembled around the shelter-half so that each man can see everything displayed. First the men are given a 30-second view of five easily-remembered articles, such as a rifle, bayonet, canteen, fork and pencil. Then the display is covered and the trainees are given one minute to list the articles.

Next another display of 15 articles is uncovered for one minute, following which the observers are allowed two minutes to list as many

as they can remember.

Individual trainees are then called on to explain what system or method they used in trying to remember all the articles.

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# Army Lowers Sights On Manpower Need

BUFFALO—The Army is now lowering its sights on military manpower needs, Maj. Gen. T. A. Terry, head of the 2nd service command at Governors Island, N. Y., told the New York State CIO convention. "The army has reduced its demand for military manpower by more than a half million," he said.

"This was achieved by a careful analysis of every position where a soldier could be spared. The defensive installations in the western hemisphere will be reduced by approximately 98,000 men and an additional 80,000 will be saved by reductions in overhead and in our replacement and school program."

Lauding American labor for enormous production increases, and pointing out that "there is a partnership between the soldiers and the workers," Gen. Terry declared that "new additions to the labor force have failed to match the withdrawals for the armed forces, and the Census Bureau has reported the disappointing fact that in August of this year the civilian labor force was 1,300,000 below what it had been a year ago."

## GI Insurance Doesn't Change Pension Rights

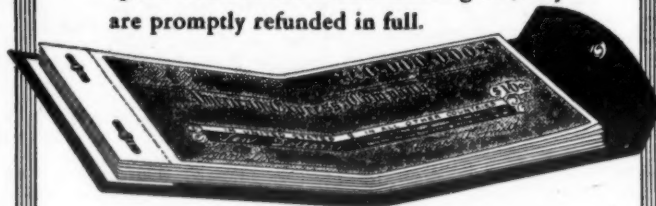
WASHINGTON—The War Department has spiked rumors circulated in some quarters of the country that pensions and insurance benefits might be jeopardized if a soldier buys \$10,000 of National Service Life Insurance.

Previous to July, 1942, the announcement noted, it was true that a person entitled to a pension as the result of a soldier's death could not collect the full benefits from a \$10,000 government policy.

This limitation was removed by Congress, the War Department asserts, so that now a soldier's beneficiary is guaranteed the insurance benefits as well as a pension, in case of death.

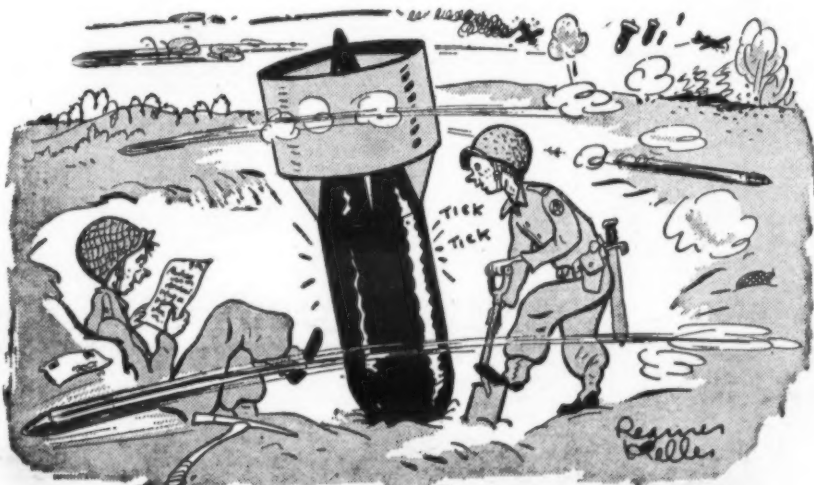
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## What They're Missing

"The girls back home don't know what they're missing by not joining the WACs"—that's what one soldier we know wrote home to his sister who asked him about joining up.

He told her what the WACs are doing, that they are now a part of the Army, the same as the infantry, the Signal Corps, and the other branches of the service. He told her how they lived and worked and enjoyed their part in helping to win the war.

That's what we suggest you do—write to someone back home and send along this copy of ARMY TIMES. If you want to do more—send us the names of others back home. We'll send them copies of this issue with letters saying the copies are sent at your request. (See order form on Page 18.)

We believe there are many thousands of girls back home who would volunteer if they knew more about the WACs, their training, their Army life, the chance it gives them to serve where they're needed right now—in the Army. That's why we're putting it up to you. How's about it?

## Four Men Spoke!

During the past week the leaders of four warring nations spoke. The messages Prime Minister Churchill, President Roosevelt and Premier Stalin delivered were calmly determined. It was a frenzied, frightened message the German people received from Hitler.

"I am making enormous demands of German soldiers," he stated in his best beer-hall actor manner, "but it is the task of the front to make the impossible possible. The task of the home front to support them."

"It is a bluff that our enemies talk and act as if they had already won the war," Hitler related, and then added, "If the matter were not so serious one could laugh about it."

Appreciating the strain put on the home front by steady defeats, Hitler threatened to put to death "all criminals who were thinking about Allied victory." He admitted the strain by hysterically shouting, "You may rest assured that although everything is possible in this world, it is absolutely impossible that I should lose my reason or have a nervous breakdown. Nothing can hit me."

After listening to the "whistling in the dark" statements of the Nazi leader, one finds it difficult to appreciate that he still has one million personal troops on the home front, as well as 400 divisions in action or ready for action.

It is well to heed the solemn warning of Prime Minister Churchill, who stated in his message that the great campaigns of 1944 would entail "the greatest sacrifices" of the war in the armies of the United States and Great Britain.

The leader of the fighting Red Armies pointed out that tremendous battles were ahead but that "Fascist Germany was suffering an acute crisis and stands face to face with catastrophe."

President Roosevelt's message to Congress was only indirectly concerned with the battle fronts. He asked for measures to prevent inflation and maintain steady supplies on the fighting and home fronts.

## Ready On The Right . . .

When Bookie Charles Nelson faced a New York City judge he demanded the presentation of evidence. Nelson had been keeping his books on a pillar of a building. . . "Jane is a brat" Jane's father read on the sidewalk so papa Volkman spanked Author Nancy's mother. Judge ruled the children should settle their own quarrels. On the sidewalk outside the court appeared the words, "Nancy is nuts."

Hi-ho Silver! Cabbie Charles Bellman, Chicago, spotted a purse snatcher and immediately started in pursuit in his cab. Driving down the sidewalk he caught him. It took Jacks to extricate his prisoner. . . Philadelphia pedestrians blinked their eyes. There was a mounted patrolman and then there wasn't. Two hours of hard work later there was a mounted patrolman again. Horse and rider had fallen in a cellar.

Food in the news. Lost ad read "Pig weighs 29½ pounds and please return for sentimental reasons. If you can't return the pig, invite me to the barbecue." . . . A South Sea Islander offered to trade a wife for a can of sausages while in Galena, Mo., it was a goose on every table after a bolt of lightning struck a flock of 250 wild geese.

War-time problems. Tank-builder James Chamberlain, Kenton, Ohio, lost his wallet. Tank-inspector Pvt. Roy Blair sent it back from Africa. . . An Atlanta, Ga., applicant received his gasoline ration without the required tire inspection record. The record was in the pocket of the

suit in which his uncle was buried. . . Lt. Seymour G. Karp, 8th Air Force, received a box of taffy from Miss Olive Brooker, Mercerville, N. J., in "appreciation for all the little holes you've cut in Bob's letters."

Three Colorado Springs, Colo., boys spotted some dirty green stuff on the ground. They scooped it up and found it was \$700. Two other men found \$240 more at the same spot . . . Walls in Louvain, Belgium,



NINE MEN disabled in service in World War II are now being educated at government expense at George Washington University, Washington, D. C., under the provisions of American Legion-sponsored Public Law 16 of the present Congress.

## Contact?



## Movie Stuff

Claudette Colbert, beautiful screen actress now starring in "Since You Went Away" for David Selznick, has been rushing around town entertaining French fleet personnel; and she's found out the three things that interest the visitors most. They are juke boxes that will play any tune requested, jitterbugging of American girls (the sailors not being able to figure out why they don't dislocate themselves), and, of course, Claudette herself.

The old Dick Barthelmess starring vehicle, "The Patent Leather Kid," is coming back to the screen under producer Jack L. Warner. No leads assigned yet.

Everyone on the set of "Old Acquaintance" got a terrific laugh when Bette Davis paraded around in just pajama tops for a bedroom scene. Bette plays it for laughs and will get plenty when audiences see her.

Zazu Pitts wears a wooden wedding ring in Paramount's "Let's Face It" being as how she is allergic to jewelry of all kinds, particularly gold. . . "An Errand Boy for Uncle" by Clifford Odets, will be produced by Warners, also "Make Your Own Bed" starring Jack Carson and Jane Wyman. . . Rose Hobart, who has played hundreds of Army camps in a USO show, "Kiss and Tell," has been signed by United Artists for a part in the musical "Song of the Open Road." . . Cast includes Edgar Bergen and Charlie McCarthy, Bonita Granville, Sammy Kaye and his band.

## Radio Roundup

"The Coronet Story Teller" started over the Mutual network, Sunday, Nov. 7, sponsored by Coronet magazine. . . Overseas pickups, plus a report from Washington and a summary from Boston, are featured on "The World's Front Page," news roundup Monday through Friday, at 6:30 p.m., sponsored by the Christian Science Monitor. . . Because a soldier told Ella Cinders in the cartoon strip to look up Shirley Mitchell on the "Fibber McGee and Molly" show when she got to Hollywood, lots of real soldiers are looking her up via fan mail. . . Hit tunes from popular musical comedies and movies highlight Swing's The Thing, featuring Bob Trender and Swing Orchestra in 30 minutes of solid music, heard each Tuesday at 9:30 p.m. (CWT) over Mutual. . . When President Roosevelt makes the closing address for the Herald Tribune Forum, he will be heard over the Mutual network, Wednesday (Nov. 17) 10:45 to 11 p.m., EWT.

BUNK FATIGUE: "The Dina Shore Program," half hour of songs, variety and sparkling wit, on Thursday, Nov. 18 (WABC-CBS, 9:30 to 10 p.m., EWT.); Gracie Fields' Victory Show, Wednesday, Nov. 17 (Mutual, 7:15 p.m., CWT); football, Illinois at Northwestern, Saturday, Nov. 19 (Mutual, 1:45 p.m., CWT); Nonsense and Melody, Tuesday, Nov. 16 (Mutual, 7:30 p.m., CWT); "Kate Smith Hour," full hour of variety, music, comedy, Friday, Nov. 19 (WABC-CBS, 8 p.m., EWT).

## Gen. Wilby Tells Graduates Importance of Signal Corps

FORT MONMOUTH, N. J.—"There is no more essential service than the maintenance of signal communication, for without it the commander of troops is almost helpless and can have but little influence on the course of battle," declared Maj. Gen. Francis B. Wilby, superintendent of the United States Military Academy, West Point, in an address to the graduating class of the Signal Corps Officer Candidate School at Fort Monmouth this week.

Following brief introductory remarks by Brig. Gen. William O. Reeder, commandant of the Eastern Signal Corps Schools and Brig. Gen. George L. Van Deusen, commanding general of the Eastern Signal Corps Training Center, General Wilby delivered the commencement address in which he congratulated the new officers and lauded the role of the Signal Corps in World War II.

Recalling a graduation address delivered at West Point in 1935 by General Douglas MacArthur, then chief of staff, General Wilby named four qualities MacArthur set forth as requisites of leadership—integrity, courage, balance and tolerance. "The first two," General Wilby pointed out "are well understood as always

## LETTERS

Gentlemen:  
In your Sept. 4th issue you carried an article concerning direct commissions for men of specialized training. Among the skills mentioned was that of photogrammetry, which is my field. We can't locate on this post the circular which describes how to make application and list the scarce skills. Can you give me its number?  
Pfc. Emery H. Komlos  
Peterson Field, Colo.  
(Memorandum No. W-605-33-44 will give you the necessary information, Ed.)

Gentlemen:  
I have had experience with Eskimo and sled dogs. Is there any outfit in the Army which could make use of this ability? I also have had forest experience and prefer cold weather.  
Pvt. Joseph Miles  
Camp Hood, Tex.

(Quartermaster Corps uses sled dogs in supplying some mountain and ski troops. QM also trains sentry and attack dogs. Apply through channels to Maj. George Strawbridge, Remount Branch, Office of the Quartermaster Corps, Room 1514, Temporary Building A, Washington, D. C.—Ed.)

Gentlemen:  
My wife is a second lieutenant in the Army Nurse Corps and I am an enlisted man. Can I obtain a dependency allowance for my wife?  
Pfc. Earl Manett, 3534247  
Camp Roberts, Calif.

(Yes, Office of Dependency Benefits says a wife is entitled to an allowance regardless of her status as a dependent. All you have to do is prove relationship.—Ed.)

Gentlemen:  
Would you please tell me where I can get the words to "What Do We Do in the Infantry?" Also where I can get a booklet showing the divisional insignia in color.

Pvt. John F. Wittbecker,  
Camp Claiborne, La.  
(Words to "What Do We Do in the Infantry" were reprinted from the Hit Kit in the Sept. 18 issue of ARMY TIMES. Booklet showing the insignia, reprinted from the National Geographic, from ARMY TIMES, Daily News Building, Washington 5, D. C., 25 cents postpaid.)

Gentlemen:  
Here is a story and it will be like refusing a gift from the gods not to accept it.

While in training camp I enrolled in the United States Army School in Madison, Wis. I received all the books, plans and paper for a correspondence course in carpentry. The papers I sent in were graded by a competent teacher.

The first lesson was marked 90, the second 100 and marked excellent. With the exception of three, 98, 95, 93, they were all marked 100. When my 18 lessons were completed, my instructor, who guided me through the course, wrote, "You have done a remarkable job on your course. You apparently have the background of a first class architect. You should consider taking such a course at a university when you get back." According to my teacher I received the highest marks on this assignment.

Army schools offer a great opportunity for soldiers. The fee is only \$2 to be paid when enrolling and you pay only once. I enrolled for a new course and I am quite enthusiastic about the Army school.

Albert T. Drevens  
A. P. O. 726  
c/o Postmaster, Seattle.

necessary for any leader, but the last two, balance and tolerance, are seldom mentioned, and certainly not to the exclusion of many other desirable qualities. However, the more you think about it, the more you will realize how essential those two qualities are.

"Balance is the ability to consider all sides of any question, to keep one's temper, to avoid oversteering the importance of certain subjects and neglecting others—in fact, the ability to avoid being a fanatic. Tolerance is the quality of consideration for others, their views, their situation and their rights. Mr. Hitler has neither balance nor tolerance—and look what's going to happen to him!"

Outlining the history of officer candidate schools since the outbreak of war, General Wilby observed that they were at first organized on a large scale but that, as the end of the mobilization phase approached, "the OCS quotas have been greatly reduced and you men are indeed fortunate to have had this opportunity to qualify for a commission."

AT THE Battle of El Alamein Allied Forces fired 1,000 tons of explosives an hour for several hours.



# Cosmetics Widely Used In Overseas Theaters

WASHINGTON—Cosmetics for camouflage, for preventing skin chapping and sunburn, and for other similar purposes are reaching overseas theatres of operation in large quantities, the War Department announced this week. These applications are saving soldiers' lives and making fighting men more efficient. When cosmetics are used for camouflage, the basic objective is to eliminate the bright reflection quality of the white skin and to obscure the pattern of the face by putting the

paint on in irregular blotches. Cosmetics are used by virtually all combat elements including certain ground echelons of the Army Air Forces.

Paint for face and hand camouflage has been standardized in nine colors: light green, dark green, sand, field drab, earth brown, earth yellow, loam, earth red, and olive drab. Tubes containing these shades are issued to soldiers in appropriate areas together with small booklets setting forth methods of use.

Soldiers in desert areas, as well as in extreme cold climates, are supplied with chap sticks since it has been discovered that in dry desert climates lips will crack badly even in temperatures of 110 degrees.

The research and Development Branch of the Quartermaster Corps is now experimenting to provide a chap stick which will be efficient at zero temperatures, at 25,000 feet altitude, and still be firm enough to use at desert temperatures.

Other important aids for the soldier are insect repellents and creams to prevent sunburn. The latter filter out the sun's burning rays but allow tanning of the skin. Hundreds of thousands of two-ounce containers of this preparation are in use by troops at the fronts.

# Increase in Cables From PWs in East Noted by Red Cross

WASHINGTON—Indicating that a channel of cable communication has been established and is operating between prisoners of war and civilian internees in the Philippines, and relatives in this country, sixty-four cablegrams have been received from the islands by the American Red Cross for transmittal to relatives this month, it was announced this week.

This number of cables from United States internees and prisoners of war was the largest received from the Far East in any one month since Pearl Harbor, the Red Cross said.

While communications from the Philippines have been trickling in since last January, this is the first time personal messages from individuals have come through in any quantity. Many of the cables were replies to messages sent through Red Cross channels from persons here.

Red Cross officials are hopeful that the number of communications and welfare reports from the Far East may increase considerably from now on.

A ROCKET CORPS was used effectively by the Prince of Mysore to repel the British at the siege of Seringapatam.

# October Plane Production Sets New High Records

CHICAGO, Ill.—"For the Allies the hardest fighting lies ahead, land warfare against Germany and Japan."

This was the cable sent by Lt. Gen. Jacob L. Devers, commander of the American forces in the European theater, and read by Hugh Baillie, president of United Press, at the

Union League Club here on Tuesday.

TOPS FOR YOUR HAIR—LOOK WELL GROOMED with **MOROLINE** HAIR TONIC. LARGE BOTTLE 25c

# P-Exchange Employees Offered P-X Courses

NEW YORK, N. Y.—Details of the school courses offered to civilian employees of post exchanges are reported in the October issue of the ARMY EXCHANGE REPORTER.

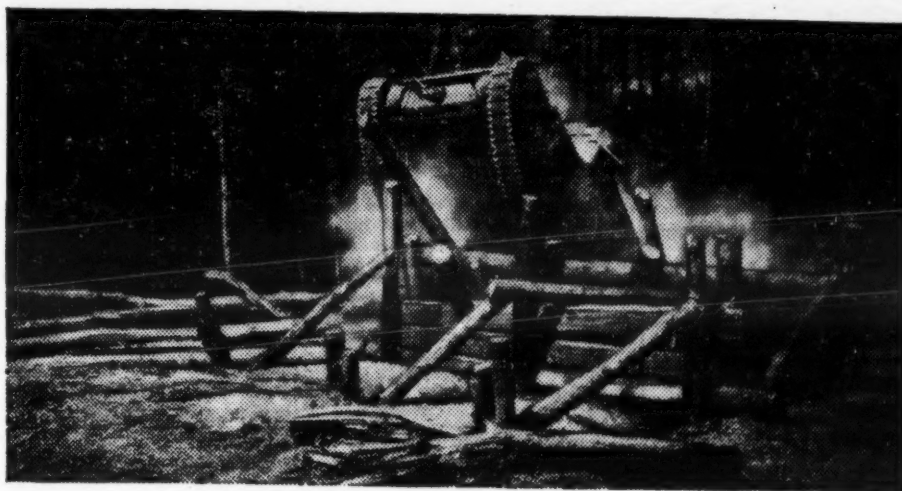
The courses are given by New York University in cooperation with the Army Exchange Service. They are designed to prepare civilian exchange personnel for executive positions.

Full details may be secured by writing ARMY EXCHANGE REPORTER, 52 Vanderbilt Avenue, New York 17, N. Y.



# by the Fighting Engineers

When there are tanks to be stopped—watch the Engineers! "Tank block—rush it!" is the order... and the photograph at the right (an actual training test) shows the result. Stopping tanks is only a part of the job of the fighting U. S. Engineers. They build the bridges... blaze the trails through mine fields—yes, all the services depend on the Engineers. And, like men in all the other services, you're apt to find that when an Engineer lights up a cigarette—it's a Camel.



# They've Got What it Takes!



CAMELS SURE STAND THE TEST OF STEADY SMOKING! THAT SWELL FLAVOR ALWAYS HOLDS UP... AND THEY'RE EXTRA MILD!

CAMELS TASTE SO MUCH MORE FLAVORFUL... AND THEY'RE SO EASY ON MY THROAT!

"Stopping tanks is my job, too," says Amelia Baines, who works on Western Electric signal devices. She has a brother in the Artillery, and smokes the service man's favorite cigarette—Camel. "Camels have always been my cigarette," she says. "They always have a fresh, flavorful appeal."

R. J. Reynolds Tobacco Co. Winston-Salem, N. C.



**Camels**  
The "T-Zone" where cigarettes are judged

How long since you've smoked a Camel? Give them a try today. Compare them critically... for taste... for your throat... for your "T-ZONE." On the basis of the experience of millions of Camel smokers, we believe you will like the extra flavor that Camel's costlier tobaccos give. We believe your throat will confirm the findings of other Camel smokers.



First IN THE SERVICE

The favorite cigarette with men in the Army, Navy, Marines, and the Coast Guard is Camel.

(Based on actual sales records.)





## ALL PRESENT OR ACCOUNTED FOR

A soldier who was ordered to stay beside an abandoned trailer after a heated sham battle in maneuvers of the **SECOND ARMY IN TENNESSEE** obeyed and stayed for 17 days. Then, when he was getting a bit tired of "C" rations, he wrote a note: "Dear Sarge—I'm getting hungry. Can you help me in my Difficult position?" The flustered sergeant, who had forgotten all about the trailer and its guard, sent a jeep to the rescue. Second Army public relations officers vouched for the truth of the story but queried whether the trailer being abandoned almost in the town square of Difficult, Tenn., hadn't had a good deal to do with unquestioning obedience.

A GI at **CAMP ABBOTT, Ore.**, takes literally the Army slogan to "Obey orders first and think later." The other day, while on a bridge problem, in the middle of the Deschutes river, the officer in charge of the training detail ordered "Throw out the anchor." This private obeyed the order instantly without looking to see if there was a line attached. There wasn't. It took 45 minutes' diving by members of the work crew to bring up the anchor.

A jeep at **FORT SCOTT, Ill.**, rushed headlong out of the PX a few days ago, skidded around the corner and whished smack-dab into the arms of Brig. Gen. Ralph E. Hains, very nearly knocking the general for a loop. The soldier looked up, saw the star on the officer's collar and turned white. Would he get a month's KP or a general court martial? The general grinned and then said pleasantly, "Embarassing, wasn't it?"

S/Sgt. Steve Badesso, of the 138th Ordnance Maintenance Battalion at **CAMP CAMPBELL, Ky.**, boasted like all other mess sergeants: "My floor is so clean you can eat off it." But the boast bounced back on him. The mess tables had been painted and weren't dry in time so the cooks laid out an appetizing spread—on Sgt. Steve's floor. And nobody grieved.

Three brown bottles stand mysteriously on a shelf at a dispensary at **CAMP SAN LOUIS OBISPO**. One label says "Run, Robin, Run," another "GI Cocktail," and the third proclaims "Clear the track Jack." One well-known dogface of the camp sampled all three when he was riding the sick book, apparently looking for some "inspiration." He admitted disappointment when telling of the contents. "The Round Robin one is castor oil," he admitted. "The GI cocktail is—castor oil. And the Clear the track bottle is—yep, castor oil."

A soldier of Co. M, 804th Signal Training Regiment at **CAMP CROWDER, Miss.**, was embarrassed when a fire drill was called at an unexpected hour. Men of the barracks rushed out in all stages of attire, this one in his GI shoes and carrying his shorts. When he reached outdoors he discovered that two women were watching the drill from an adjacent building.

Because the induction center at **CAMP UPTON, N. Y.**, issued him a pair of trousers two sizes too large Pvt. Willis Conway, of the 8th Armored Division, 7th Armored Infantry Battalion, is in the tailoring business. He did such a good job on his own pants that some of his buddies prevailed on him to make repairs for them. Before long some of the officers were taking their clothing to him. Then the company raised a fund to buy him a sewing machine and in a short time he was able to repay the fund from his profits. In civilian life he ran a bowling alley.

Here's reverse action from the usual course of sending good things to men in the Army. Chaplain Lawrence J. Sheehan of the 8th Battalion at **FORT WHEELER, Ga.**, went to

take a chaplain's course at Harvard, and lost weight, attributed to the food rationing in New England. When his fellow-officers heard of it they took up a food collection and sent him fruit, cookies, a lamb chop, peanuts, popcorn and a jar of pickles.

There appears to be good "eating" in an Infantry Training Battalion at **CAMP ROBERTS, Calif.** The roster boasts Pvs. Kenneth Dill and Jimmie Pickle. And to add flavor is Pvt. Floyd Pepper.

Sgt. Robert J. Salvatore, of C Battery of the 789th Battalion at **CAMP STEWART, Ga.**, is these days greeted with more respect than previously. When he was coming from a furlough recently there were 300 GI's on his train, and just one girl. Salvatore carried off the girl, it was told, right from the under the noses of 299 soldiers.

Damon and Pythias had nothing on Pvs. Samuel Reeves and James Roff, of hospital units at **CAMP GORDON JOHNSTON, Fla.** They were born in February, 1922, at Somers Point, N. Y., just across the street from each other. They were inducted together at Fort Dix, N. Y., were given Army serial numbers in rotation and then went to sleep in the same tent. They took their basic together, were transferred together to Camp Rucker, Ala., and then to Camp Gordon Johnston. To complete their twosome the privates had intended to marry two New Jersey girls, who were cousins, in a double wedding. But somehow they just can't seem to get their furloughs at the same time.

Sgt. Fred Hayden, of corps troops, **CAMP BEALE, Calif.**, had just returned from an extensive course in chemical warfare when he had an opportunity to put his new knowledge into practice. He was bivouacking with his men on the hills of the reservation when they ran across a small animal which displayed so much innocent camouflage Hayden decided it would make a nice pet. The ensuing chemical attack was all one-sided. Not only was the "expert" routed, but his men were forced to don gas masks till the sergeant was removed to isolated quarters.

### Wirephoto to Be Taught Signalmen

**CAMP CROWDER, Mo.**—Instructions in the installation and maintenance of equipment for transmission of pictures by wire will soon be included in the training given soldiers in Central Signal Corps School.

Telephoto or facsimile transmission equipment used by the Signal Corps is a modification of the commercial equipment like that long used by newspapers and telegraph companies, adapted for the specific needs of the Army. Maps, photographs, captured documents or other important messages may be transmitted quickly and accurately, and there is no limit to the number of copies that can be made.

Telegraph companies have this method of communication developed to the degree where the message may be deposited in a box similar to a mail box and the message transmitted automatically.

### Legion Sends Smokes

**HARRISBURG, Pa.**—The Pennsylvania Department of the American Legion is raising \$100,000 to send 40,000,000 cigarettes to American service men on forty fighting fronts. The Legion cigarette campaigns are organized on a State and local post basis. Hundreds of local Legion posts are running their own cigarette campaigns for troops and ships.



A BED OF ROCKS is not our idea of a proper setting for Brenda Joyce, but notice how cheerfully she smiles. Suffering for her art, no doubt.

## WACs Are 'Guinea' Pigs In Meningitis Study

**CAMP EDWARDS, Mass.**—Valuable information—heretofore unknown to the medical profession—about the meningococcus which can cause meningitis, has been obtained by the Camp Edwards Station Hospital laboratory staff as a result of a lengthy throat culture study undertaken with members of the WAC company.

For several months throat cultures were taken from all the enlisted personnel of the company. While this was not too pleasant an experience for the WAC's, they have taken part in a program which has added to the Army's medical knowledge which will be employed to fight spinal meningitis.

While the work permitted medical officers to obtain data about diphtheria bacilli, streptococci and another bacilli associated with but not causing influenza, the study was directed particularly along research lines in relation to meningococcus infections.

Prior to the study of WAC throat cultures, certain facts about the length of time a carrier was host to germs which caused meningitis was not known. A carrier is a person who carries the germs but who does not show any symptoms of disease. The carrier, however, can and does transmit the disease to others. In many cases a carrier is unaware of the fact that he is spreading the disease. The more known about carriers and how long they carry certain germs is important in the control of disease, particularly deadly diseases which easily create epidemics.

Much of the data obtained will not be divulged at this time because it is of military value, but later the findings will be made public.

In explaining the results, Capt. G. Harry Crecelius, assistant chief of the station hospital laboratory, said, "Much valuable information has been obtained. Some of it, as far as we know, has never been known be-

fore. This deals with the time the organisms can be harbored by an individual. The work has also shown the length of time between periods when a carrier has the germs and when he is free from them."

The WAC personnel was used because it is more constant. Similar work has been done with troops. But soldiers are more likely to be transferred before a project is completed. Since the same WAC's would be available for a long time, they were ideal for the work.

The project was carried out under the direction of Maj. Francis H. Carroll, medical inspector and epidemiologist for the First Service Command, and Maj. Chester R. Brown, chief of the station hospital laboratory and the laboratory staff.

### Compile Chemical Soldiers' Guide

**CAMP SIBERT, Ala.**—M/Sgt. Hans F. Scheuffe and Sgt. Walter E. Scott, both of UTC headquarters, have compiled a soldier's guide for use in instructing trainees and as a reference book for soldiers in this center.

Under the title "The CWS Soldiers' Guide," the book was compiled from training manuals and other publications. One of its fourteen chapters deals with Chemical Warfare. Others cover military intelligence, the articles of war, military courtesy, organization of the Army, care and cleaning of equipment, cover and concealment and other means of security, sanitation and first aid, guard duty, map-reading, and other basic training subjects.

Some of the 160 illustrations in the book were drawn by T/5 Howard Leichter, member of the O & T art shop staff. Two copies have been given to each UTC company and all new companies will receive ten copies.

### X Corps Headquarters Moves to Camp Maxey

**CAMP MAXEY, Tex.**—Tenth Corps Headquarters, which have been located at Sherman, Tex., since its activation a year and a half ago, have been moved to this post. Tenth Corps troops were moved to the military reservation near Paris, Tex.

Commanding general of the corps is Maj. Gen. Jonathan W. Anderson, who returned from North Africa last January after taking part in landing operations of American troops in French Morocco.

### Soldier Wives at Gordon Johnson Roll Bandages

**CAMP GORDON JOHNSTON, Fla.**—Organized here last week was the Soldiers' Wives Club, formed to roll bandages for the Station Hospital and doing other emergency war work.

Members of the Club will be wives of soldiers and civilian workers at Camp Gordon Johnston, who intend to utilize most of their spare time in doing such war work as will most be needed.

## New Kinks

### Pocket Jungle Kit

A pocket jungle kit has been devised by Lt. Louis Ginsberg, of Camp Haan, Calif. This contains a pocket knife, fish hooks and line, length of wire, compass, glass for starting a fire, iodine crystals in a waterproof container and "Ten Rules for Jungle Safety," printed on waterproof paper, all packed in a waterproof sewing kit case. The kit weighs approximately 10 ounces and is only one-tenth the size of the standard Air Corps jungle kit.

### News In Pictures

Photographic billboards, titled "Second Army News in Pictures," have proven a popular feature at Camp Crowder, Miss. The boards, designed by Pvt. Frank Napoleon of the 164th Signal Company, carry pictures of Second Army activities, which are changed weekly. They are placed in the PX theatres, the service clubs and at Second Army headquarters.

### Communion Equipment

One Army chaplain has solved the problem of serving communion when no regular equipment is available by having the post carpenter make a tray from a wide board. Twenty-four holes were bored in the tray in rows of six running lengthwise, to carry paper communion cups. The tray was cut artistically with rounded corners and with chiselled lines running lengthwise and crosswise for decoration. A cross was also made of wood to harmonize with the tray.

### 'Quick Camouflage'

Soldiers of the British Composite Anti-aircraft Demonstration Battery recently at Camp Stewart, Ga., showed a gadget for tent-lighting which had been used in their sea-coast tents during Axis bombings. They simply break off the bottom of an empty beer bottle and place it over a candle. The candle gives sufficient light for anything wanted in the tent, and when covered in that way, did not show outside. "Quick camouflage," the British men call it.

### Battery Lifter

A battery lifter, designed by the foreman of the battery section of the Army Service Forces Depot at Atlanta, Ga., has been found much more efficient than the ordinary commercial gadget. From two pieces of wood and a handful of scrap metal, a handle which works on the principle of an ice hook was devised. In lifting a battery the pulling power of the handle increases. The device can be attached to a battery very quickly.

### Teaching With Discs

Lt. James H. Raley, of the 817th Battalion at Camp Haan, Calif., made a record of the combat experiences in the African campaign of Maj. Henry von Koltitz, who was visiting the camp. When the record was played back to camp officers it caused so much interest that this, and other similar recordings, are being used for training purposes. Recently records were made of the battle experiences of men of the British anti-aircraft battery which was visiting the camp.

### Avoids Dismantlings

Anthony Perry and Chester Murray, employees in the motor vehicle department of the Ordnance Service Command Shop at Camp Edwards, Mass., won \$50 cash awards for an idea which saves dismantling the "bogie roller," the rear end of a motor vehicle, without disassembling the complete mechanism, as was necessary previously. The command shop has already used the device on 25 vehicles, with a saving of \$350, and expects to use it on 1200 more, with a saving of some \$20,000.

### Still Another Use

4th FERRYING COMPANY, Memphis, Tenn.—Another use for the ubiquitous jeep has cropped up here recently. The post engineers are using one to kill rats on the base.

The process is simple. The jeep is backed up to the rat hole, a hose is connected to the exhaust pipe, the other end inserted into the hole, the motor started and—no more rats.

Carbon monoxide from a gas-motor exhaust is pronounced by the engineers to be almost as good as calcium cyanide, ordinarily used for fumigation. And it is not always readily available. The jeep is always with us.

DURING the war of 1812 rockets fired from British troops at Bladensburg, Md., disorganized the Schuylkill and Regan regiments so badly that they broke and fled, leaving the way to Washington undefended.



THIS is the Tank Recovery Vehicle, known in the War Department records as the M-25. These huge vehicles, 58 feet long, and weighing more than 40 tons, carry tanks or other armored vehicles to the front lines and disabled ones from the battlefield. These tank transports make it possible for tanks to enter action with full fuel tanks and cool motors. Each vehicle is armed to protect itself from enemy ground and air attacks and carries enough ammunition and rations for its crew to operate on its own for four days. This photo shows a tank being loaded on to the M-25.

—Photo by U. S. Army Signal Corps



# WAC Physical Training From WAC Field Manual 35-20

## You Must Be Fit

You are a member of the first Women's Army in the history of the United States. You are one of the small percentage of women qualified in mind and body to perform a soldier's noncombat duties.

These duties are many. The demands of war are varied, endless, and merciless. To satisfy these demands, you must be fit.

You have successfully passed a rigid physical examination. You are organically sound. Now you must build the strength and stamina, the control and coordination, to do a man's work any hour of the day, every day of the month.

To condition your body so that it may meet every demand made of it, a course of planned exercises has been developed. It has been planned by women, for women. It recognizes your capacities. It is based upon a knowledge of the tasks you may be called upon to perform.

These exercises are simple and progressive. By slow, methodical stages, they carry you to a new and better state of physical condition, visibly expressed in a correct, attractive carriage and an abundance of energy. They assist in supplying the mental, emotional, and physical stability you need to become an effective member of an effective organization.

The eyes of the Army—and of the Nation—are on you. It is of prime importance that you look well, feel well, and work well throughout your military service.

## Have These Four Qualities

### Strength

**YOU MUST HAVE STRENGTH.** You must be able to perform with ease the heaviest tasks which you may encounter. You must be able

to persist for long periods of time. This means neither "new" muscles nor large muscles. It means giving the muscles you have sufficient tone and capacity to do their work. It

means balanced muscle control, with each set of muscles helping the others, to make work easier.

### Stamina

**YOU MUST HAVE STAMINA.** You must be able to stay with a job until it is finished. It means a strong heart that pumps more blood per stroke, that does more work with less effort. It means lungs that breathe deeply and regularly—that take in plenty of fresh, oxygen-rich air and expel used air. A strong heart and good lungs keep the cells of your body amply supplied with fuel, and rid them of the waste products of fatigue.

### Coordination

**YOU MUST HAVE COORDINATION OF MIND AND BODY.** When your brain receives a command your body must respond instantly. The "communications system" between body and brain must be efficient. The muscular and nervous systems must operate together smoothly. You must be alert—mind and body must be a well-drilled team.

### Stability

**YOU MUST HAVE STABILITY.** You must be on the job all day, every day, as long as you are needed. Your nervous system must stand the "gaff." Your digestive system must function properly. Elimination must be regular. Menstruation must be normal and easy. You must be a completely reliable member of your unit. "In-and-outers" wreck an organization's efficiency.

Put yourself in the place of the women on the left. Your duties may be as varied and as demanding. Get ready now.



## Fitness Can't Be Faked

Physical fitness can't be faked. You are fit, or you aren't. Strength,

stamina, coordination, and stability do not come in bottles, pills, nor powder, nor in foundation garments, nor in diets.

The test of true physical fitness is hard work. A girdle alone won't hold you up throughout a tough day in the cab of a truck. Firmly toned abdominal muscles will.

There are no "rules" against synthetic beauty. But war exacts a cruel toll of the woman who prefers a foundation garment to a basic foundation of muscular tone.

It is important that your complexion be clear because of functional regularity rather than laxatives; that your color be healthy because of a clean, well-aired bloodstream rather than lipstick and rouge; that excess fat be melted off, not by a weakening diet, but through strengthening exercise.

In civilian life women can get by on fashions, fads, and fancies. War, however, demands the real thing. Physical fitness is not something you put on and take off. It must be there—in you, with you—all the time, wherever you may be.

## Good Posture Makes Good Sense

As long as you are in the Army you will hear much about posture. These pictures show you why.

At the left is a column of wooden blocks, one stacked above the other in orderly fashion. Each block rests firmly on the block below it, and the bottom block rests firmly on the ground. This column will not fall over easily, for it obeys a simple law of engineering. The column supports itself because it is erect and upright—there are no stresses and strains at work to pull it down.

Now study the column of blocks at the right. A slight touch and down it goes. For none of these blocks helps to support the others. On the contrary, each block weakens the structure. The entire column is prey to stresses set up by the crookedly placed blocks. Gravity pulls down on this column. It doesn't take much to make it collapse.

You wouldn't build your house in a zigzag manner. Neither is it wise to let your body fall into a zigzag shape.

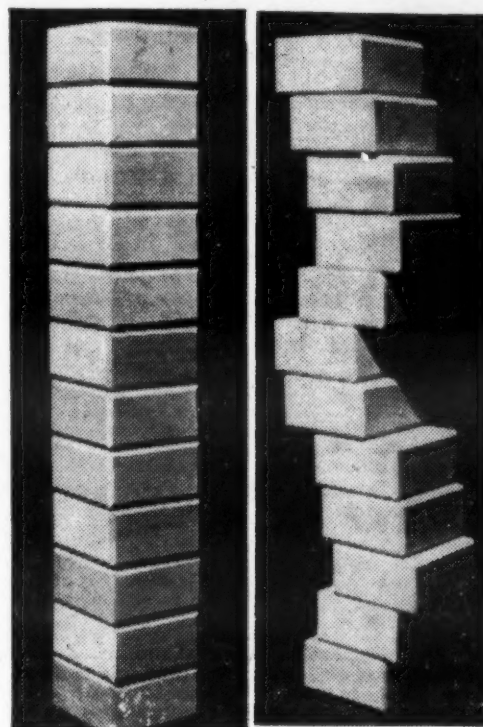
The human body is planned to remain upright with a minimum outlay of energy. The various bones mutually support each other. The organs fall naturally into proper place. The muscles and ligaments have an easier time holding the structure together. Whether standing or sitting, walking or running, energy is saved.

The next time you are reminded of good posture think of these blocks. That doesn't mean that good posture is "wooden." It means that good posture is the most sensible way to keep your body erect.

It means holding your body in a way that makes it "self-supporting," without waste of energy, and with less strain on bones, muscles, ligaments and organs.

It means making the most of your appearance. Standing or sitting with poise and grace, walking or running with perfect control.

It means you're in the Army—and proud of it.



## Which of These Women Is, You?

Here is the same posture principle you saw expressed in wooden blocks. But this time it is expressed by the human body.

These pictures are interesting. Study them for a moment. In which do the clothes drape more smartly? In which does the bone structure seem to be more firmly posed? In which does the girl seem smarter, more alert, more military? In which do the organs seem to have more room to function efficiently? Which of these girls would you rather be?

Actually, the girl at the left is exactly the same as the girl at the right. But in one instance her posture is good. Her head is balanced and erect. Her shoulders are relaxed and low. Her chest is held high. Her lower back is only slightly curved. Her abdomen is flat. Her hips are tucked under. Her knees are straight, but not stiff. Her weight is toward the outer borders of the feet.

Now look at this girl droop into sloppy posture. Her head and neck fall forward. Shoulders are round. The back is hollow. Her chest is sunken. Buttocks and abdomen protrude. Her knees are locked, stiff. Her weight is on the inside borders of the feet, with ankles protruding inward.

Your body can assume a variety of postures. Another common fault, for example, is the over-exaggerated military posture in which shoulders are held too far back. The spine is overly arched. Knees are locked and buttocks are thrown back.

Remember: In standing, only one posture is correct. It is the one at the left. You can test good posture with the "plumb line" test:

### The "Plumb Line" Test

Drop a weighted string from a point opposite the middle of your ear. It should fall opposite the middle of the shoulder, hip, and knee. The weight should come to rest slightly in front of the ankle bone. One more point to watch: the toes should be pointed straight ahead when not at the military position of "attention."



## What Planned Exercise Does

### Muscular Tone

**IT IMPROVES MUSCULAR TONE.** It helps to shed excess fat, or, if underweight, it builds a substructure of flexible muscle and healthy, compact flesh. Without increasing the size of the muscles, it improves their endurance and tone. It does this in a balanced manner, so that one part of the body is not overdeveloped at the expense of another. It teaches muscles to work together, easing the strain of work and conserving energy.

### Stability

**IT MAKES FOR STABILITY.** It gives tone to the muscles and organs of the pelvic region. It helps to relieve congestion and thereby menstrual distress. Duties can be performed without lessened efficiency.

### Elimination

**IT AIDS ELIMINATION.** It prods the sweat glands to action, removing impurities through the skin. It forces the lungs to expel more completely the waste products generated by the human motor. It stimulates and regulates intestines and kidneys. A clear complexion is a natural result of regular, complete elimination.

### Resistance

**IT INCREASES RESISTANCE.** Better functioning of the heart, lungs and digestive and circulatory systems has a beneficial effect on the body as a whole. You can stand heat and cold better. You are less likely to be thrown off balance by illness and deprivation. That's important whether you're headed overseas—or holding down a man's job at home.

### What Is the Over-All Aim?

Planned exercise develops maximum body fitness in minimum time. It helps you maintain this fitness throughout your military service. All that follows in this program contributes to this end. Some of the exercises may seem too easy. Others may seem too hard. By first doing the easier ones faithfully, you'll be able to do the hard ones later—with ease. The results of planned exercise as described above will then be fully achieved.

## Other Advantages Of Exercise

### Posture

**IT IMPROVES POSTURE.** Planned or systematic exercise aims at reaching the whole muscular structure. This means that opposing muscle groups balance and thus maintain the bony structure in a balanced position. The correct bone alignment provides for the correct positions of the internal organs. Correct position of the organs assists them in the performance of their various functions. Good posture makes for grace, poise, and unstilted military bearing.

### Stamina

**IT IMPROVES STAMINA.** It forces muscles and organs to the limit of their capacity. Thus, it stimulates their development. It systematically steps up heart and lung action until these organs can work harder and longer with less effort and fatigue.

### Relieves Tension

**IT RELIEVES TENSION.** Steady, prolonged concentration on the job tends to tighten nerves and muscles and increases fatigue. Planned exercise at suitable intervals relaxes the muscles and nerves and restores a feeling of well-being.

### Coordination

**IT IMPROVES COORDINATION.** It accustoms body and mind to work in perfect accord—the brain to receive and transmit orders rapidly, the body to obey orders correctly and speedily. Perfect coordination builds self-confidence. It inspires the confidence of others. It develops self-control and poise. It is the essence of leadership.



## This Is Correct Sitting Posture



This woman sits well back on the seat of the chair. Her feet are flat on the floor. She keeps the upper part of her body in a straight line. Note her straight back and flat abdomen. Note how gracefully she carries her head. She bends forward from the hips—not waist.

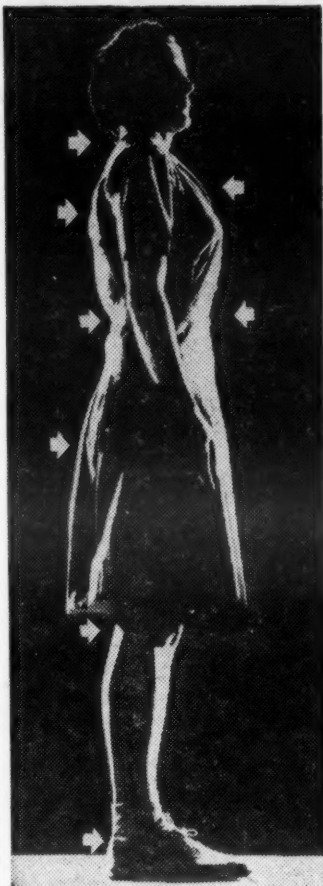
Before sitting, remember this hint: Stand close to the chair with one foot in front of the other. Don't "search" for the seat. Keep the body erect and the hips tucked under as you bend your knees to sit down.

## This Posture Is Incorrect



Many women sit this way, with head and neck forward, shoulders rounded, back curved, chest flat, abdomen protruding. They look tired and, doubtless, they feel tired, for in this position the head lacks support. The bones, instead of resting firmly on each other, go off at angles. Muscles and ligaments are strained to keep matters under control. The organs are cramped. After a time, fatigue sets in and the weary body practically "lies down" while sitting.

## Check Your Posture



The plumb line test for posture has been mentioned before. Try your knowledge on the above figure. Use your knowledge on the woman next to you in ranks. Try it on yourself in front of a mirror. Stiff posture is not good posture. Good military posture is no different from civilian posture.

**Head Balanced and Erect**

**Chest Held High**

**Back Straight**

**Abdomen In**

**Hips Do Not Protrude**

**Knees Straight But Not Stiff**

**Weight Toward Outer Borders Of Feet**

## Begin with Cadence Exercises

### Warm-Up

Before you run your car it's a good idea to warm up the motor. Before you exercise it's wise to "warm up" your body.

The cadence exercises which follow are "warmer-uppers." They are especially planned to prime your heart, muscles, and circulatory system for a step-up in activity. Gradually, easily, they get your body set for the big job ahead. Pitchers warm up before going to the box. Runners jog around the track before a race. Basketball players shoot baskets before the opening whistle. It's all for the same reason—to "warm up the motor."

### Flexibility

Cadence exercises also develop flexibility. They limber up the joints—give them the full range of movement on which grace and smoothness depend. To appear your best, and to work your best, you must be supple. Without this quality, simple everyday tasks—like lifting, carrying, climbing, and jumping—become difficult. Lack of flexibility is fair warning of advancing age.

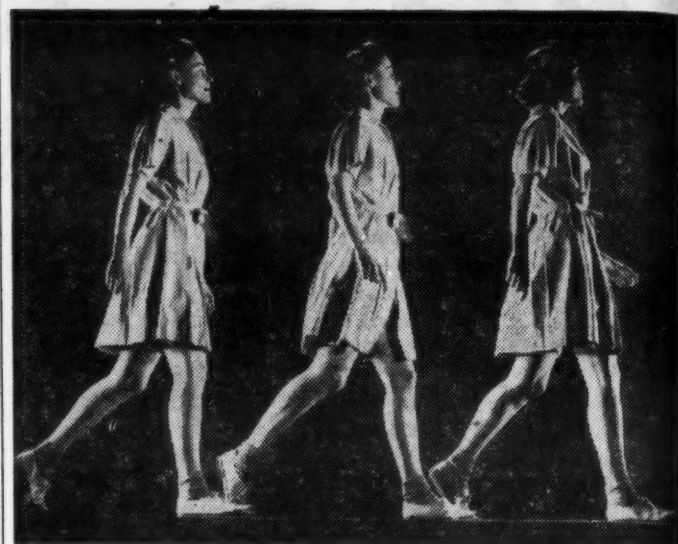
### Control

Cadence exercises develop control. They give you the knack of controlling other sections of the body while one part is in action. This control is reflected in better posture, in work and play. When performed by a group, cadence exercises develop coordination between body and mind.

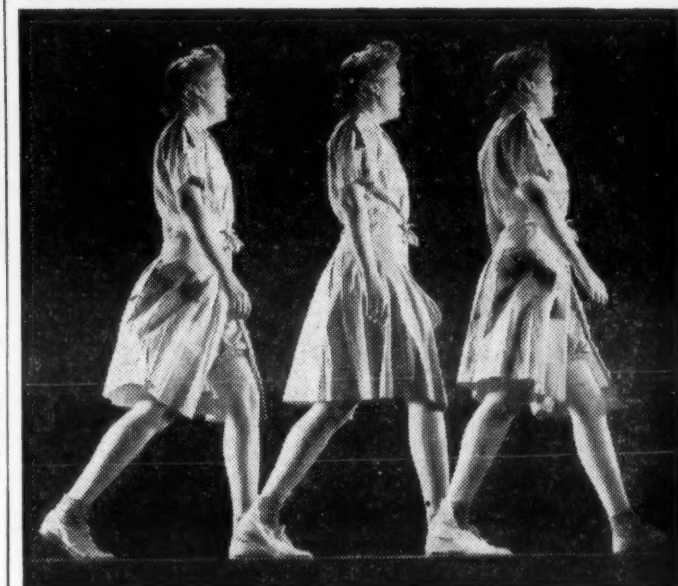
### Release of Muscle Tension

Cadence exercises help to release muscle tension. The typist whose upper back and neck ache because she has held one position too long will find the cadence series helpful in relieving tension.

Remember that the cadence series put you into gear for an uphill pull. (See top of next page for examples of cadence exercises.)



**WALKING** Movement starts at hips, not knees. Hold the upper body and head at right angles to the ground. Swing arms freely. Keep eyes off the ground. Point toes straight ahead. Heels touch the ground first. Transfer weight forward toward the outer borders of feet and push off with the toes. Grasp with toes for balance. Don't hold body and head at an awkward angle (below). Avoid swaying hips from side to side. Don't lock knees.



**RUNNING:** Bend forward slightly from the waist. Bend elbows slightly and clench hands lightly. Legs reach out directly to the front. Push off with the toes and vigorously extend back leg to assist forward motion. Don't hold body too erect (below). Keep legs from moving up and down covering very little space. Avoid kicking feet up behind you. Note how woman below requires four distinct motions to move over the ground covered by the woman above in three.



to Wash.



**HOW DO you climb stairs?** The right way is shown above. This woman keeps her body erect. She places her foot on the step and straightens the knee to lift her body. She swings the opposite leg into position on the next step. Arms swing naturally. She raises herself by leg action, assisting her upward movement by a vigorous thrust of the toes.

Below, a woman climbs stairs the hard way. Knees are continually bent. Her trunk leans forward. She comes down flat-footedly on each step.

Watch these and other everyday posture points. The Army will judge you by your appearance. A smart, soldierly carriage usually means smart, soldierly performance.

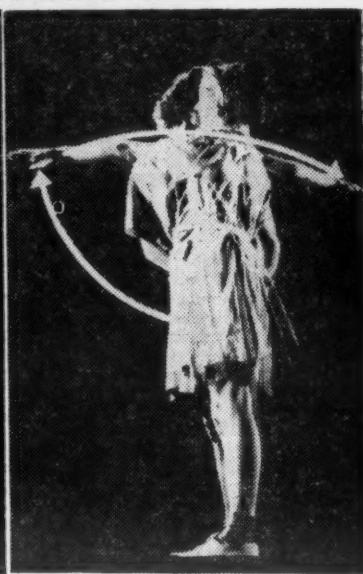




# Cadence Series 1 Is Simplest Series of Warmer-Upper



**SWING**  
Arm swinging forward and sideward



**FLING**  
Single arm swinging forward and flinging back



**HEAD**  
Head lowering forward and backward



**SHOULDERS**  
Shoulder hunching



**TRUNK**  
Trunk springing forward and stretching upward



**LEGS**  
Bouncing

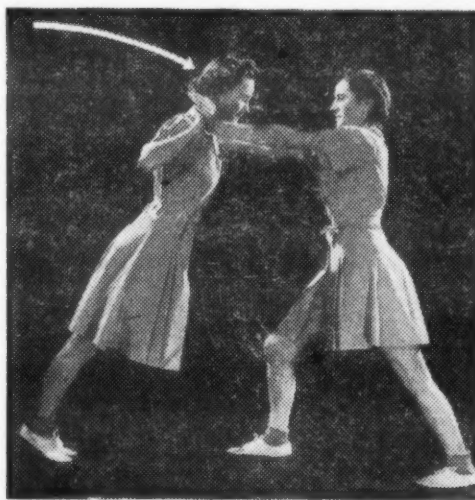
## Master Each Exercise before Progressing to the Next



**IMAGINARY PUSH AND PULL.** Stride position, elbows bent close to body, palms at shoulder height, push slowly and firmly outward to full arm extension. Clench fists, pull arms back to starting position with same type of resistance. Avoid body movement. Use all muscles of arm and shoulder.



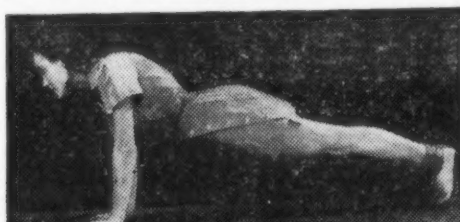
**PARTNER DIP.** Assume position as on left above, heels of hands together, arms extended at shoulder height. B lowers herself by bending elbows and leaning from ankles. Keep body in straight alignment from head to heels while lowering. Return to position. Repeat. A is used only as a support for B.



**KNEE DIP.** Lie face down on the ground with knees bent and feet toward ceiling. Hands should be placed just outside the shoulders ready to push body up to supported position. Straighten elbows and push back up to a supported position resting on hands and knees. Slowly bend the elbows to return to the starting position. Repeat this exercise several times. Do not allow the hips to sag.



**ALL FOURS DIP.** On hands and knees with hips directly above hands. Slowly bend elbows to permit the chin to touch the ground between the hands. No other part of the body should touch the ground. Keep the back flat. Slowly straighten the elbows to return to starting position. Repeat several times. To make the exercise more difficult, make the distance between the hands and knees greater and repeat the same movement making sure that the chin touches the ground between the hands.



**LET DOWN.** In prone fall position, lower the body slowly to the ground by bending the elbows. Relax. Assume starting position by shifting weight back to knees. Straighten knees and assume prone fall position again, ready to repeat the exercise. Keep the body in a straight line while lowering. Do not allow the hips to sag. Work for as slow and controlled a descent as possible.

## How to Develop Shoulder Strength

**EVERYBODY** has muscles. Some women's muscles are weak and flabby—like rubber bands that have been around too long and lost their snap.

Other women have strong muscles—like fresh rubber bands, with plenty of stretch and pull.

Weak or strong, the length and thickness of rubber bands are about the same. And it's the same way with muscles. To be strong, you needn't have muscles that bulge. You need muscles with elasticity and tone—lithe, energy-packed muscles that get the job done.

To understand the muscles of your chest and shoulders, study the little manikin. The muscle in front of the chest is called the pectoralis. It joins up the breast bone, the collar bone, and the arms. Any work you perform in front of your body—jobs like lifting, pushing, reaching, driving, typing, stirring—would use the pectoralis. It must

therefore be strong and firm, when it is you'll notice a difference in your appearance. A firm pectoralis gives you a straighter line from the collar bone to the breast.

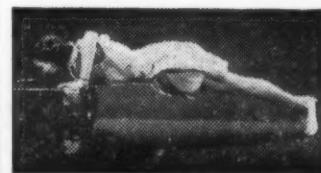
The muscle on the tip of the neck, the skin's shoulder is the deltoid. It joins the arm to the shoulder. Every time you move your arms you use your deltoid muscle. Whatever your job, you'll be using it all the time.

The muscles in the arm are the biceps and triceps. When you bend your arm you use your biceps. To straighten it out you use the triceps. For carrying heavy loads or handling light objects for a period of time you rely on the muscles. No matter what you are doing, well-conditioned biceps and triceps are important allies in doing your job.

How can you condition your pectoralis, deltoid, biceps, and triceps muscles? By the brief, simple series of planned exercises explained on the following pages.

What will these exercises do for you? First, they will systematically add to your strength and endurance. Second, they will improve coordination between these and other parts of your body, and between these muscles and the brain. You will work more easily and efficiently.

Third, they will give chest, shoulders, and arms a firm contour.



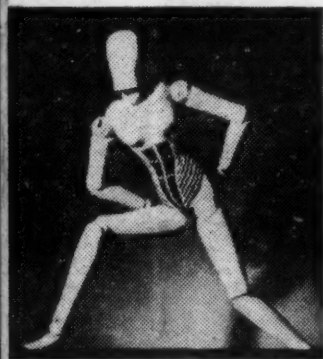
**HALF DIP.** Prone fall position, with hands grasping edge of chair, foot locker or shoulders of a person on all fours. Lower body slowly by bending elbows until chest touches support. Push back to starting position. Repeat. Begin by lowering only as far as possible, still able to assume starting position in the form described above. Do not allow hips to sag nor knees to bend.



**FULL DIP.** Assume prone fall position. Hands should be at least shoulder distance apart and fingers may be pointed either forward or to the side. Lower the body very slowly only as far as it is possible to go and return without relaxing, to the starting position. Repeat this exercise many times as possible. Increase the distance of the dip more and more until it is possible to touch the chin to the floor and still return without relaxing to the starting position. It is important to keep the body in a straight line from head to heels and keep the hips from sagging while doing the exercise. Having once mastered the ability to perform a full dip correctly, work for an increase in the number of consecutive dips you can perform. This is the last exercise in the shoulder strength progression.



## Abdominal Exercises

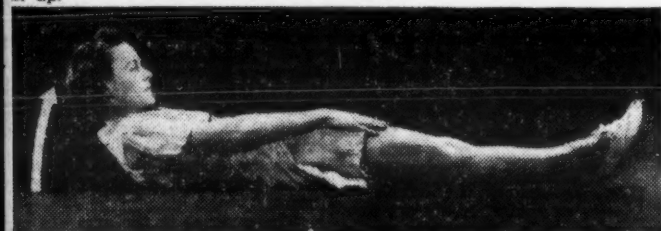


This manikin displays a "girdle"—an abdominal girdle of muscle which every woman wears under her skin. It is built through planned, progressive exercise. Properly maintained, it lasts a lifetime. It aids in keeping the internal organs in correct position. It keeps the abdomen flat and firm. It is essential to correct military posture. Few women have it. Yet a few exercises, graduated according to your ability, make it a simple matter to acquire sound muscular tone in this vital area. Regular care keeps the tone alive.

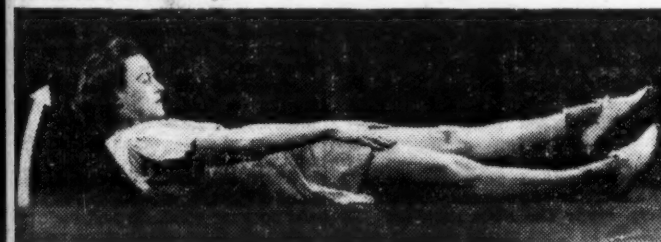
## These Exercises Tone Abdominal Muscles



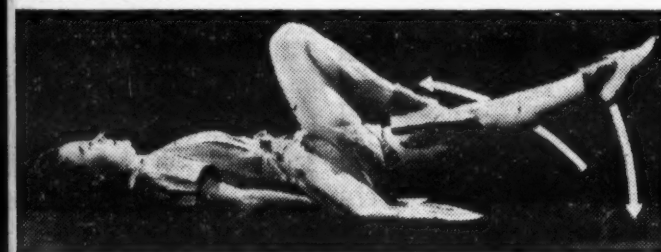
**STARTING POSITION FOR ALL ABDOMINAL EXERCISES.** Lie on back with hands on top of upper leg. The hands are placed in this position in order to keep the elbows off the ground. The arms should be relaxed so that the hands may slide toward the knees as the head and shoulders lift up.



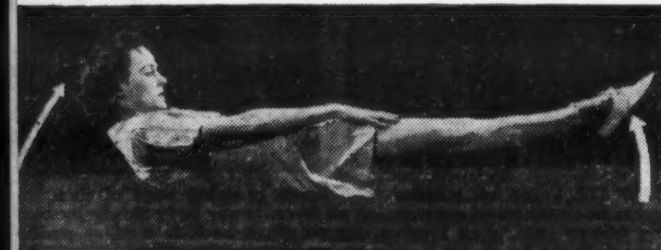
**LEADING.** Raise only head and shoulders off the ground and look toward the feet. Do not attempt to sit up. Hold position. Relax and repeat the exercise. The hands should slide toward the knees as the chest is lifted. Increase the number of times the exercise can be performed consecutively.



**ONE LEG PLEATING.** Raise head and shoulders off the ground to look at left leg, which is raised about 8 inches from the ground. Hold position. Relax and repeat the exercise, using the right leg. Do not attempt to sit up. The hands should slide toward the knees as the shoulders are lifted.



**ONE LEG LOWERING.** Lie on back with both knees raised to chest, hands placed in comfortable position under hips or lower back for support. Stretch left leg toward ceiling with knee straight. Lower left leg slowly to the ground with heel leading. Bend leg to chest. Repeat with right leg.



**TWO LEG PLEATING.** Raise head and shoulders off the ground to look at both legs, which are raised about 8 inches from ground. Hold position. Relax. The hands should slide toward the knees as the chest lifts. May be used as a test by counting number of performances done consecutively.



**SIDE PLEATING.** Raise head and right shoulder off ground, keeping left shoulder as nearly in position as possible. Hold position. Relax and repeat the exercise. The arms should remain relaxed and should slide toward the knees. Only one shoulder should be off the ground at one time.

## More Difficult Exercises for Abdominal Strength

**TIMING.** The position in each abdominal strength exercise should be held at least 2 seconds the first time it is attempted. This time should be gradually increased until the individual

has the ability to hold her position for at least 10 seconds. The number of times the exercise is performed should be gradually increased up to 20 times or more.



**SIDE PLEATING WITH One Leg Lift.** Lift head, right shoulder, and left leg from ground. At the same time, touch the left knee with the right hand. Hold position. Relax. Repeat, using opposite arm and leg. Keep left shoulder down. The arms should remain relaxed throughout the exercise.



**OPPOSITE KNEE TO ELBOW.** Raise head and right shoulder off ground and bring left knee up toward chest. Bend right elbow and move it across body to touch left knee. Hold position. Relax. Repeat, using opposite arm and knee. The emphasis should be placed on very vigorous body twist.

**SIT-UPS.** Sit on the floor with knees bent, feet flat on floor and as close to hips as comfortable. Keeping feet in place, lie down. Raise body to sitting position



without moving feet. Return to lying position. Repeat.

The exercise may be made progressively more difficult by changing the position of the arms. Use arms overhead, then use with arms at sides as shown in illustration. The action may then be started with hands behind the head. The number of times the exercise is performed should be increased as the abdominal muscles increase in strength. It is possible to see a day by day improvement by keeping count of the number of sit-ups you can do consecutively.

This is the last exercise in the abdominal strength progression and as such is included in the daily exercise series. By this time, your abdominal muscles should be fairly strong. Occasionally, review the more simple exercises, particularly those involving the oblique abdominal muscles. The sit-up will keep your abdominal muscles in good tone, but the oblique abdominal muscles can be reached better through the use of a side pleating and the opposite knee to elbow lift.



## Back and Neck Exercises

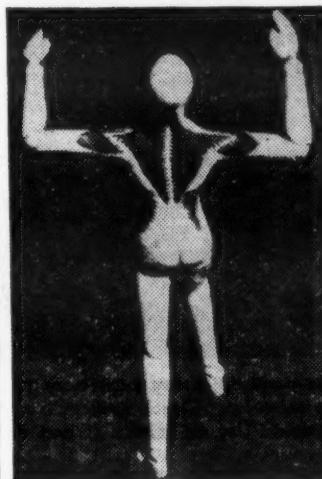
### Important Posture Builders

Your body may or may not be in perfect balance. One of the purposes of planned exercise is to develop or preserve this balance. When you exercise one set of muscles it is necessary to develop the opposing set of muscles to an equal degree. This results in perfect harmony and coordination among various parts of the body.

This is particularly true of the back and neck muscles. This set of muscles acts in opposition to the chest muscles. To achieve correct position you must balance the strength in these two sections.

#### Know Your Back Muscles

Study the manikin for a moment. That large muscle attached on either side of the spine from the neck, reaching halfway down the back, is the "trapezius." It is attached to the collar bone and the tip of the shoulder blades. When this muscle lacks tone the shoulders tend to fall forward. Result: round shoulders.



Beneath the trapezius muscle are other muscles which work to keep the shoulder blades close to the spine

and ribs. When these muscles are flabby the result is an irregular back—caused by shoulder blades that stick out like wings.

#### Back Muscles Help You Stand Erect

Other muscles running up and down the spine keep the spine erect. When they're strong, you stand erect. When they're weak, you slump. The muscles of the neck and upper back function to keep the head in a balanced position. When the head is carried in a forward position these muscles are badly strained. This habit may, in its worst form, cause neckaches and headaches. It is important to develop a proud and erect carriage of the head. First, for reasons of health; second, for an attractive appearance.

#### Planned Exercise Develops Back Muscles

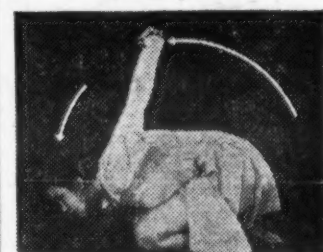
The back muscles are important in nearly everything you do. They function whenever the shoulders are drawn back, whenever you draw up your trunk in an erect position, whenever you bend over and straighten up. They are important posture builders. Develop these muscles.



**ARM PULL BACK.** Assume position shown above. Move hands and arms slowly as far back from body as possible. Relax. Repeat. Keep hips tucked under.



**HALF SWAN.** Lie on face, hands clasped behind hips. Lift hands, arms, head, and shoulders as high as possible. Hold position. Relax. Repeat. The same action may be made more strenuous by changing starting position to that shown above—with arms at shoulder height. Do not strain lower back.



**PRAISE ALLAH.** Kneel to sit on heels. Clasp hands behind back with arms straight. Slowly bend body to touch chest to knees while moving hands and arms back and up away from body. Keep your head and your eyes well up. Return to starting position and repeat.

### Resist and Assist

In working with a partner, it is important to understand the principle of resistance. The partner is there to offer just enough resistance to make you work a little harder than you would need to if she were not there. Care should be taken that the resistance is not so great that the exercise must be done poorly. Resist only enough to make the exercise difficult; not enough to make it impossible. The amount of force applied necessarily varies with the exercise performed and the individual performing the exercise. Learn to recognize muscle groups, to make them work against your resistance. Review the Imaginary Push and Pull in the Shoulder and Arm Strength Progression keeping in mind the principle of resistance. Remember—apply resistance to make the exercise difficult, not to make it impossible. (See next page for example of resist and assist exercise.)



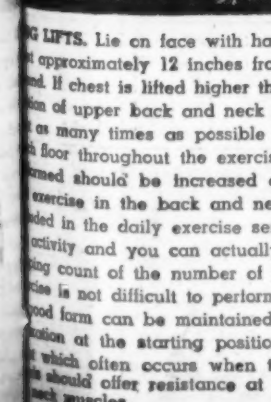
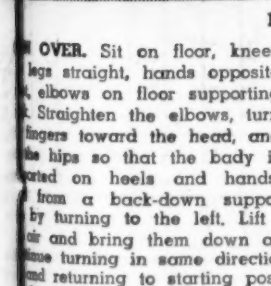
## Resist and Assist Exercises



**CROSS-LEGGED PULL.** Assume position shown above. A pulls against resistance until arm positions are reversed. Then B pulls with A to return to starting position. Avoid body movement. Keep hands at shoulder height throughout. Use knees to brace against floor during pull.



**PARTNER ELBOW RESISTANCE.** Assume position shown above. A's arms are folded at shoulder height. B places hands against A's elbows. B pushes elbows back at shoulder height; B resists enough to make it difficult. B pushes A's arms back to starting position, A offering resistance.



## Leg Exercises

In the Army you'll march.

Each step you take will demand muscle. Not bulky muscle, but lithe, flexible muscle that enables you to take an easy, swinging stride—and keep it up.

The anatomy of leg action is displayed by the manikin. That muscle down the front of the leg is the quadriceps—"quad" for short. It is composed of four muscles. The quad is the kicking muscle of the leg. It lifts the thighs in front of the body and straightens the knees.

The muscle pictured on the buttocks also has a scientific name—gluteus maximus. It is a naturally strong muscle, but if it is not used it is prone to fatty development. Long periods of sitting tend to weaken it, so does artificial support. Vigorous exercise is necessary to retain this muscle in a normal, vigorous state.

A\* the rear of the leg is the biceps

femoris—part of a group of muscles called the "hamstrings." You feel the stretch in this muscle when you try to touch the ground with your hands while keeping your knees straight. The hamstring muscle pulls the thigh back and causes the knees to bend.

That large muscle on the back of the leg is the gastrocnemius or calf muscle. Its tendon runs down to the heel and is commonly called the tendon of Achilles. Every time you lift your heel off the ground, with each step you take, you use this important muscle.

Walking, running, jumping, lifting, carrying, and many other every-day activities demand that you have strong legs. Firmly toned legs and buttocks, devoid of excessive fat, are important to attractive appearance.

Planned exercise helps you avoid or lose the excess weight that tends to deposit on the buttocks, thighs,

and calves of the legs. At the same time it tones up the muscles so that they have the power to carry you through a hard Army day.

One more word about marching. When you do it well, you give your feet a healthful work-out. But poor control of the legs places an undue strain on the feet. Then pain and fatigue result.



**PARTNER PUSH-UP.** A lies on ground, arms under hips, feet stretched up toward partner's shoulders at 45° angle, legs slightly apart. B places hands and shoulders on A's feet, relaxing so A is holding her entire weight. A slowly lowers legs by bending knees to chest, then stretches legs back to starting position. B remains relaxed with weight on A's feet. Repeat exercise until legs become tired.



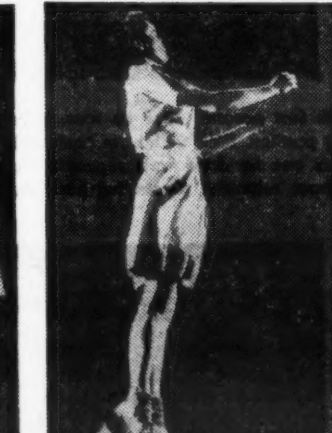
**HALF KNEE BOUNCES.** Stand erect with hands placed on hips. Bend knees, keeping body erect. Return almost to a starting position. Repeat rhythmically and with increasing speed so that a bouncing movement is attained. Knees straighten only at the end of the exercise.



**FULL KNEE BENDS.** Hands on knees. Bend knees to squat position with hands on knees. Use hands on knees to push back to stand.



**FULL KNEE BENDS.** Hands on floor. Bend knees to squat position touching hands to floor between knees. Rise. Repeat rhythmically.



**JUMPING.** Bend knees slightly as in picture on left. Rise on toes. Repeat rhythmically and with increasing speed until a jump is attained. Work for smoothness of movement then for height in each jump. Use arms to lift body into air.

Toes should be pointed when body is in air. Shock of landing should be absorbed by landing on toes and shifting weight to heels and bending knees. See "Jumping," page 13.



**SQUAT JUMPING.** Stand with either leg slightly in front. Bend knees to squat position. Extend legs forcibly to cause body to rise a few inches off ground in an erect position. Use arms to help lift body into air. From this jump, return to squat position and repeat rhythmically. After the action is mastered increase the height of the jump.

**RUNNING.** For this exercise arms should be bent to a comfortable position for running. Legs should be lifted as high as hips in front with toes pointed down toward ground. Running time should be gradually increased each day to build up endurance. In an outdoor program running for distance

should be substituted. To gain the most benefit, maintain the principles of good posture while running.

Be sure you also watch your posture as you do these different activities.









# Body Mechanics

## How to Save Your Energy

It's obvious that five women are stronger than one woman. It's equally obvious that five sets of muscles are stronger than one set of muscles. Correct body mechanics is the art of distributing the strain of a job over several sets of muscles instead of putting the whole load on a few. It is the art of using the strongest muscles of the body instead of straining the weaker members. As a result, you do your job more efficiently. You use up less energy. You avoid injury. And you feel fresher and happier at the end of a hard day.

We laugh at the idea of a person scratching her right ear with her left hand. Why? Because it seems

a foolish waste of energy—a hard way to do an easy thing. It is not hard to understand the



simple principles underlying the exercises that follow. They are based on practical common sense.

Neither is it hard to have them become fixed habits. At first you may be conscious of them as you do your work. But after a while, you will employ the principles of correct body mechanics without realizing it—in everything you do, whether it is making a bed or rising from a chair.

Below you see correct ways of lifting, pushing, pulling, falling and crawling. Study these pictures and you discover that when the body does these things efficiently, it does them gracefully as well. The two—efficiency and grace—are inseparable.

## Learn the RIGHT Way to Do These



**LIFTING.** Lifting should be done by means of leg muscles rather than back muscles. To lift a heavy object bend the knees, getting the body as much underneath the object as possible.



**CARRYING.** Place the carried object in such a manner that the weight is centered over the whole body. If possible this should be on the shoulders with the back nearly straight.



**PULLING.** Pulling should be accomplished by bracing the feet firmly, bending the knees, rounding the back, grasping the object firmly and letting the body weight do most of the actual pulling.

## Falling and Crawling



**FALLING.** With right foot placed forward and toes turned inward, fall forward, landing on the outside of the right knee and thigh to break the fall. As body falls toward ground, break the rest of the fall with hands. Keep body relaxed. Distribute impact of ground evenly along the entire body.



**CRAWLING.** To prepare to crawl, bend the left knee and raise it as high as possible with the inside border of the left foot against the ground. The hands are placed opposite the ears. The body is pulled forward by the action of the arms and the bent legs. Keep body close to the ground always.



**PUSHING.** In pushing any heavy object make use of the whole body weight. Lean the body from the ankles, brace the feet and push against the ground. This may be done by facing the object and pushing with the arms. Or with the right or left shoulder against the object and the body facing sideways and pushing with shoulder. Or with back against object pushing with upper back.



**JUMPING.** When jumping from a height land on the toes bending the knees to absorb the shock. The knees should be bent in proportion to the height from which the jump is made. Study pictures.

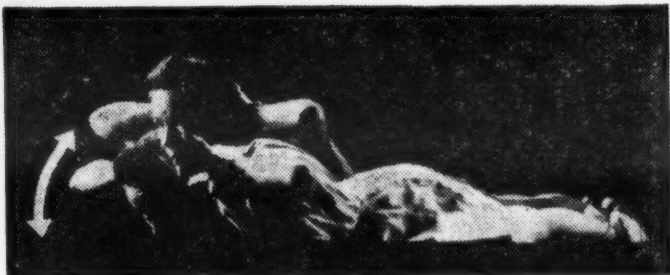


## And When It's All Over

### Sit Ups



### Full Dip



Wing Lift

## Daily Program

## Measure Your Physical Ability with These Tests

1. Full Dip. Score is determined by the number of full dips executed correctly. Only the chin should touch the floor on each full dip.
  2. Sit-Ups. Score is determined by the number of sit-ups that can be executed correctly. The hands should be at the sides and the feet on the floor on each sit-up.
  3. Wing Lifts. Score is determined by the number of lifts that can be executed correctly. The feet should remain in contact with the floor and the head should be lifted not more than 1 foot off the floor on each lift.
  4. Endurance may be tested by the following means:  
SQUAT THRUST. Score is determined by the number of squat thrusts performed in 30 seconds.
- RUNNING: Endurance may be determined by either running in place or running for distance at an even dog trot pace.
5. Balance. Score is determined by the number of seconds position can be held.

Some day life will go back to normal. Some day you will return home—to the jobs and joys of peace—perhaps to marriage and families. Then you will discover that the physical fitness which helped you to weather the war will not forsake you in peace. Good health is an enduring asset. The habits of planned exercise—the strength, the stamina, the coordination and stability won in the ranks—will make you a more useful and happier member of tomorrow's world.



## Make Your Body Do as You Bid

It is important that you progress only within your ability to perform correctly. Much can be gained by thorough mastering of every exercise. Much will be lost by hastening the progress unduly and jeopardizing the accomplishment of the end result. You should be well aware of the muscles involved in the performance of these exercises. It is not the ability to do these activities that is important to our work and your future; it is the actual muscle tone which is developed that will translate itself into your success in many other activities.

## WACs Must Be Not Too Large Or Too Small

## WACs Arrive in India

WASHINGTON — Capt. Elizabeth Lutze, Women's Army Corps, and two WAC noncommissioned officers Sgt. Louise E. Hull and Sgt. Theresa A. March, have arrived in India where they will serve with the Allied forces, the War Department announced this week. Although WACs have been serving in North Africa and in Great Britain for several months these are the first WACs to be sent to India.

### SUGGESTED FORM FOR SELF-TESTING ACTIVITIES

[illegible]



# Army Quiz

- How many rounds are carried in a B. A. R. magazine?  
A. 100?  
B. 55?  
C. 30?
- The depth of a man is assumed by the Army to be how many inches?  
A. 32?  
B. 24?  
C. 12?
- Priority over civilians in the purchase of candy, soft drinks, ice cream and tobacco for sale in post exchanges is claimed by the Army.  
True?  
False?
- Gen. George C. Marshall, Gen. Alan Brooke and Field Marshall Wilhelm Keitel have what in common?
- The new CVBs planned by the Navy are announced to be "super" ships. Are they—  
A. "Battlewagons"?  
B. "Tincans"?  
C. "Flat Tops"?
- The "Alpine Passes" are much-discussed entrances to Hitler's German fortress. Can you tell what countries are connected by the Brenner, the Simplon and Mount Cenis passes through the Alps?
- The approximate flying range of the B-24 is—  
A. 2,500 miles?  
B. 3,000 miles?  
C. 5,500 miles?
- The War Department announced a new high production record for Army planes for October. Was it—  
A. 6,000?  
B. 8,000?  
C. 11,500?
- The name WOWs is given to women in one department of Army service. Are they—  
A. Women Dog Trainers?  
B. Women Ordnance Workers?  
C. WACs on Warfront?
- The phrase "Crossing the Rubicon" which has been used for years to denote someone who has passed a difficult situation, may soon be applied to American troops. Can you tell why?  
(See "Quiz Answers," page 16)

## The Mess Line

We cannot find  
For love or money  
A joke that's clean  
And also funny!

Women without principle draw considerable interest.

"He fascinated me and I kissed him. Then he started uninteresting me and I slapped him."

I used to love my garden  
But now my love is dead  
For I found a Bachelor Button  
In Blackeyed Susan's bed.

And statistics prove that four out of five women haters are women.

I'm a little zebra  
Sitting down to bowl  
I've got more stripes than anyone  
But I don't rate at all.

"Attention! Why don't you stand up?"  
"Sir," said the cook, still sitting,  
"I've just started this recipe and it says—don't stir for twenty minutes."

MD: "Your leg is swollen, but I wouldn't worry about it."  
Pfc: "If your leg was swollen, I wouldn't worry about it, either."

Army sawbones: "What's your average weight?"  
Inductee: "I dunno."  
Doc: "What's the most you ever weighed?"  
Inductee: "Hunnert and eighty."  
Doc: "And the least?"  
Inductee: "Seven pounds, two ounces."

The first gent to fade the buck your Mess Line editor is shooting for the 10 best original Pistol Packin' Mama verses is Sgt. Peter Kelley, 2nd Bn., 311 Infantry, Camp Butner, N. C. The sergeant admits he labored long and hard.  
Drinking beer in the ole PX  
After twenty-five-mile hike  
With full field pack and extra shoes,  
I've never seen the like!

Chorus  
Oh, lay those doggies down boys,  
Lay those doggies down,  
Hiking, striding, "G.I.s,"  
Lay those doggies down.

Oh we Timberwolves are rugged  
We're as tough as we can be,  
We drill all day and hike all night,  
To win this vict'ory.

Oh we double time for practice,  
And never rest at all,  
And from early in the morning,  
We're always on the ball.

Now to end this little ditty,  
We know we won't be beat,  
Cause we are growing Timberwolves,  
Way down here on "E" street.

## Star Spangled Banter



## Private Van Dorn



## Robbie, 99th Infantry Division, Camp Van Dorn, Miss.

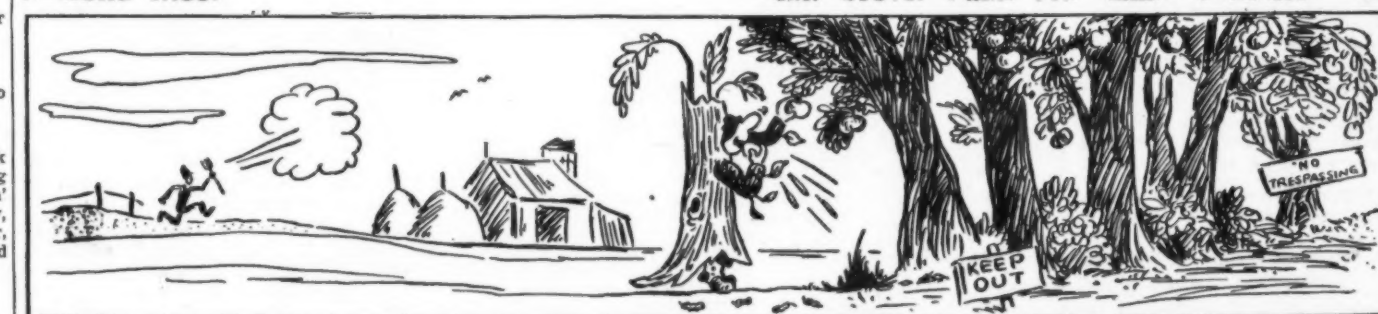


## Private Eightball



## Cpl. Lin Streeter, Fort Dix, N. J.

## Cyclone Mose



## Col. Grover Page, Jr., Camp Livingston, La.

## Books

"THE BATTLE IS THE PAY-OFF . . ." by Capt. Ralph Ingersoll, Harcourt, Brace and Company, 383 Madison Avenue, New York City; \$2.00.  
One of the best books to come out of World War II is "The Battle Is the Pay-Off" by Capt. Ralph Ingersoll, editor—on leave to the U. S. Army—of the newspaper, PM.  
In his book, Capt. Ingersoll presents a picture of actual battle, and the thoughts and emotions which accompany it, from the viewpoint of the soldier rather than from that of the editor. He reduces to print everything about war—its excitement, its

horror; its triumph and its terror. He explains our soldiers are fighting so well that the reader knows almost as intimately as the veteran what the battle was actually like. He moves the war from a newspaper map to one's own experience.  
It would seem that the ability to make a battle-hardened veteran of the lay reader would be enough for one author, and yet some of Capt. Ingersoll's work here can truly be called literature.

AN AMERICAN chemist, John W. Doughty, submitted a scheme to use chlorine gas, in almost the same way as was utilized by the Germans at Ypres in 1915. The War Department did not see fit to adopt his suggestions.

## Pies Pay Off

CAMP HOOD, Tex.—Care in pie-making brings its rewards, as was learned the other day by Pfc. S. E. Uschin, a cook in the 667th battalion.  
His CO, Major Degenhardt, sampled Uschin's pie while taking a meal in headquarters mess hall. A connoisseur on pie, the major was delighted, called for a second helping, and also for the cook. When Uschin appeared he was congratulated on his pie-making ability and rewarded with a three-day pass.

## Col. M. T. Kelly New CO At Benjamin Harrison

FORT BENJAMIN HARRISON, Ind.—The long and distinguished career of Col. Alfred J. Maxwell, commanding officer of the FRTC, was ended last week with the announcement of his retirement by reason of the age regulation. Colonel Maxwell is succeeded by Lt. Col. Michael J. Kelly, who for the last 13 months has been Director of Technical Training in the FRTC.  
Colonel Kelly has been an important officer in the FRTC since its activation, first as the Center's commandant, and later in his former office.





## SPORTS CHAT

**CAMP MACKALL, N. C.**—Camp Mackall GI's are going all-out for basketball. Plans call for a league of battalion and regimental teams as well as an all-star team to play neighboring camps and colleges.

**CAMP BUTNER, N. C.**—"Scratch 'em, cowgirl," was a familiar cry to Pvt. Toni Buffum before she joined the WACs. Private Buffum started riding when five years old and has since won some heavy money stompin' broncs in the rodeo circuit.

**CAMP GORDON JOHNSTON, Fla.**—The old line about the "one that got away" won't be worth a darn but for soldiers who can produce their fish there will be some prizes.

**FORT SHERIDAN, Ill.**—The Fort Sheridan eleven believes in plenty of competition. The team played and beat Wilson College, 18-0, on Saturday but dropped a game to the Milwaukee Falke, 19-0, the next day.

**CAMP CAMPBELL, Ky.**—Soldiers of the 414th Armored Field Artillery have something more to shoot at than just a bull's eye—it's a \$10 cash prize and a three-day pass for high score on all weapons. Lt. Col. Thomas C. T. Buckley is offering the prizes.

**MALDEN FIELD, Mo.**—Col. Roy T. Wright was on the spot at the dedication of the new bowling alleys but he came through with a perfect strike on the first ball rolled.

**PINE CAMP, N. Y.**—Sgt. Jim Sharpe has frequently complained about the lack of table tennis competition. It took a civilian, Dr. C. W. Hoffman, to down the 5th Armored Division champion, 21-18, 21-19 and 22-20.

**KEESLER FIELD, Miss.**—The Keesler Field eleven wants to schedule some more football games. Thousands of men are reported to be bellowing for another glimpse or two of the team which has shown such great potentialities.

**CAMP STEWART, Ga.**—Fighting and eating are Pvt. Grover Klouse's two great loves, but eating comes first. Exactly one hour before a fight he consumed 12 large fish cakes, seven slices of bread, three cups of coffee and a full bowl of fruit salad. He won the fight.

**KEARNS, Utah**—The Kearns eleven leads the Utah Service League scoring with 49 points. Fort Douglas has scored 18 and the Air Base Wings of Salt Lake City have yet to push over a tally.

**SCOTT FIELD, Ill.**—Two records have been broken at the new Scott Field bowling center as the eight enlisted men's leagues roll merrily along. M/Sgt. William Jones scored a 246 game and Sgt. John Parleg, Jr., rolled 626 for three.

**CAMP GORDON, Ga.**—Martin Medved, who once held the honor of being called "The Badger State's Most Perfect Man," conducts weight lifting and body building classes.

**NORTH CAMP POLK, La.**—The football game was an impromptu affair, resulting from a challenge from C Company, whose CO is now Captain Rossar was formerly Lieutenant Griffin, to Headquarters Company, whose CO is now Griffin was formerly Rossar. Headquarters Company was less mixed up and won 13-0.

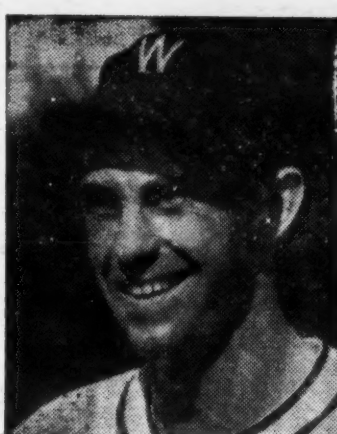
## Plane Makes Flight On Coal-Made Gas

**WASHINGTON**—That gasoline produced from coal could be used as plane fuel if a gasoline shortage develops was demonstrated last week when a plane fueled by coal-gasoline flew 175 miles from Morgantown, W. Va., to this city.

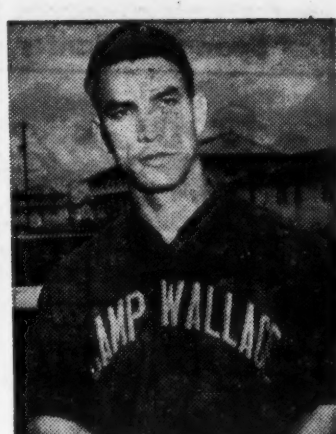
Representative Randolph, of West Virginia, accompanied Maj. Arthur C. Hyde, wing-commander of the District-Maryland Civil Air Patrol, pilot of the two-seater Fairchild plane, which made two stops en route.



Eddie Murphy  
Fort Devens, Mass.



Cecil Travis  
Camp Wheeler, Ga.



Michael Barbolia  
Camp Wallace, Tex.

# Representatives From 34 Camps On Army Times All-Army Teams

**WASHINGTON**—Three great All-Army Baseball teams have been chosen by the sports staff of the Army Times with the cooperation of Public Relations, Special Service and athletic officers and enlisted men in 40 camps, forts and fields, scattered from Camp Stewart, Ga., to Fort Lawton, Wash.

Boasting tremendous power at the plate, the batting average of the three teams is an even .400, while the defensive power is reflected in the pitching average of .867—a total of 230 wins and 35 losses.

There is no first, second and third team. Each player's previous experience determined the team for which he was eligible.

One team represents the players who left the fat pay envelopes of the Major Leagues for GI baseball. Another team was chosen from the candidates with minor league experience while the third team was selected from the list of players with college and sandlot experience.

There was little to choose between in the list of 124 candidates, whose records warranted consideration. A point or two in the batting average, an extra three runs batted in or two games more in the pitchers' win columns determined the difference between team selection and honorable mention.

## 1124 Wins—334 Losses

The value of the ball players to their Army teams is reflected in the season's records. The 34 teams represented on the All-Army squads compiled a total of 1124 wins and 334 losses.

## Gridiron Results PLAY-FOR-PAY

New York Giants 0, Detroit Lions 0, Brooklyn Dodgers 7, Chicago Cardinals 0, Chicago Bears 21, Green Bay Packers 7, Washington Redskins 14, Steagles 14.

## COLLEGES

### East

Atlantic City Naval 21, Muhlenberg 7, Brown 21, Yale 20, Bucknell 13, Lakehurst Naval 0, Cornell 13, Penn State 0, Dartmouth 47, Columbia 13, F. & M. 7, Swarthmore 6, Harvard 14, Camp Edwards 7, Holy Cross 42, Temple 6, Navy 24, Pennsylvania 7, Notre Dame 26, Army 7, Ohio State 48, Pittsburgh 8, Rutgers 13, Lafayette 0, Tufts 6, Bates 0, Villanova 45, Princeton 22, West Virginia 53, Lehigh 6, Willow Grove Naval 21, Muhlenberg 7, Worcester Tech 19, Coast Guard 12, Boston College 64, Rome Air Base, 0.

### South

Arkansas A. & M. 20, S. W. La. 20, Clemson 26, Davidson 6, Duke 75, North Carolina State 0, Georgia Tech 41, Louisiana State 7, Howard 42, Alabama Informals 6, Langston 49, Sam Houston 0, North Carolina 21, South Carolina 4, Rice 20, Arkansas 7, Southwestern 20, Bryan A. B. 6, Texas A. & M. 22, South Methodist 0, Texas Tech 40, Texas Christian 20, Vanderbilt 12, Carson Newman 6, Virginia 39, Maryland 0, Virginia State 6, Camp Pickett 3, Wake Forest 20, North Caro. Pre-Flt. 12.

### West

Case 19, Baldwin Wallace 0, Cornell (Iowa) 18, Macomb T. 12, DeKalb T. 12, Concordia T. 0, DePaul 42, Fort Knox 0, Illinois 19, Iowa 10, Illinois Normal 26, Willson J. C. 6, Miami (Ohio) 45, Bowling Green 6, Michigan 23, Indiana 6, Missouri 25, Iowa State 7, Missouri Mines 25, Cape Girardeau 0, Nebraska 13, Kansas State 7, Northwestern 41, Wisconsin 0, Ohio Wesleyan 21, Wooster 13, Oklahoma 26, Kansas 13, Purdue 14, Minnesota 7, Tulsa 55, Oklahoma A. & M. 6, Tuskegee 42, W. Virginia State 6, Iowa Pre-flight 46, Marquette 19.

### Far West

California 32, San Francisco 0, Colorado 22, Utah 19, Del Monte Pre-Flt. 26, U. C. L. A. 7, San Diego Naval 10, So. California 7.

### Freshmen

Navy Plebes 41, Blair 0.

### Service Teams

Charleston Cat. Gd. 25, Camp Gordon 4, Fort Douglas 13, Pocatello A. B. 9, St. Mary's Pre-Flt. 13, Alameda C. G. 13, St. Lake A. B. 59, Bushnell Hosp. 0, Sampson Naval 55, York Vikings 0.

There are some well-known Army nines as well as ball players unrepresented on the All-Army squads. Either the names of the candidates were not submitted or the records sent to the Army Times office were incomplete. No ball players were chosen unless the complete records were available.

It has been a great year for Army baseball teams. Almost every semi-pro tournament was dominated by the teams in khaki. Army teams broke about even in their games with Major and Minor League nines.

The sports staff of the Army Times believes the three All-Army teams chosen in this nation-wide poll would be in the money in any baseball league in the nation. The sports staff's fondest dream calls for a tournament between the three teams named.

The three teams named could prove the old adage that a "good offense is the best defense" with their power hitters. The offensive strength would probably never be needed with the one-plus earned run averages of the hurlers.

## SANDLOTTERS

Team Pitching Average .879

Team Batting Average .407

Attention Mel Ott and Connie Mack! Boasting a pitching staff with a 73 won, 10 lost record, and a team batting average of .407, the All-Army Sandlot nine would have little trouble meeting and beating the best in the nation.

Eddie Murphy tops the hurlers with a 16 won, none lost record and is well supported by Bill McCahan, 24-0, Jack Ping, 8-0, and Edwin Petrazola, Malcolm Mallette and Louis Kretlow.

Behind the plate are Eddie Cox, who hit .400, and John A. Thompson with a terrific .500 batting average.

The infield pounded the horsehide for a .426 average. Bill Boyce hit .420, Joe Watt, .374, Herby Kohn, .461 and Michael X. Bowen, .447. The utility infielders wouldn't slacken the ball-pasting assault with Bill Reed hitting .356 and Peter Sclarotta, .301.

In the outfield Zeb Wicker, who also boasts a nice mound record, hit at a .548 clip, Joseph Derrico, .383, Lew Morton, .310, George Waslick, .383. The sandlotters show unusual infield power with those covering the bases outslugging the gardeners.

## MINOR LEAGUERS

Team Pitching Average .877

Team Batting Average .391

The lads, who were eyeing the Majors until Uncle Sam eyed them, are represented by a ball club which should make Big League scouts shed tears of frustration.

Clinton Hartung leads the hurlers with a 19-3 record, followed by Robert Herickson, 18-3, Leo Twardy, 16-2, Michael Barbolia, 15-2, and Paul Minner, 11-1.

There is little to choose between the catchers with both John C. Bottarni and George Lacy banging out hits at a .365 clip.

The Minor League All-Army nine is the only one with an infield hitting below the .400 mark. Earl Torgeson averaged .372 with his thump stick, Dale Lynch, .400, Albert Marshall, .337, and William Miller, .352.

Felix Penso tops the list of utility infielders. Name your position and Penso can play it. He hit a blistering .429. Richard Henry, the other utility man, hit .336.

Gray Azparren paced the outfielders with a ringing .482 batting average. He is followed by Grayson Davis, .409, Paul Armstrong, .428, Lynn Myers, .425, and Ralph Ellis, .386.

## MAJOR LEAGUERS

Team Pitching Average .348

Team Batting Average .402

The play-for-pay boys from the Major Leagues haven't changed their habits in the least. The hurlers mowed down the opposition at a 78

won, 14 lost rate, while the batters were smacking out a .402 average.

Sid Hudson found GI ball playing right up his alley and turned in a neat 18 won, 1 lost record. Hugh Mulcahy wasn't far behind with a 13-1 record nor were John Beazley, Tommy Hughes and Bob Carpenter.

Two great backstops are wearing khaki. George "Birdie" Tebbetts hit Army pitching for a .340 average while Ken Sylvestri rapped out an even bigger .406 average.

In a season of low batting averages in the American and National Leagues the All-Army Major League team's infield must have found satisfaction in its hitting. George Archie compiled a .380 average, Lou Stringer, .441, Cecil Travis, .380, and Don Kolloway, .458. Utility infielder Roy Bell averaged .381 while Nathan Blair was soaring to dizzy .464 heights.

Peter Reiser found Army pitching a bit easier than the Majors and hit a blistering .455 average, Carvell Rowell, .411, Andrew Gilbert, .382, Al Roberge, .368 and Pat Mullins, .367.

# First It Was Navy, Then It Was Army

**WASHINGTON**—No charges have been filed but 76,000 witnesses will swear Jim White is guilty of stealing one pigskin—a pigskin which was worth one football game.

The Notre Dame eleven with Johnny Lujack's hand at the throttle had just gained enough steam to score one touchdown when White went on his one-man crime wave.

White charged through the Army line in the third period and lifted the ball from Glen Davis' arms. It was a cinch then for the Fighting Irish to score from the sixteen yard line with a pass from Lujack to Jumbo Yonkar. From there the Fighting Irish rolled under full steam to a 26-0 win over Army and the undisputed title of National Champions.

While Notre Dame was knocking Army from the undefeated ranks with brilliant line and sensational backfield play, Navy was bouncing back from its Notre Dame spanking by toppling Penn, 24-7.

Navy found the going difficult until the fourth period. The Middies then opened a scoring attack which left no doubts as to which was the best team despite the efforts of Penn's Bob Odell.

Purdue was voted the second best team in the nation by the typewriter pounders but it took a bad pass from center, and a desperate pass in the final 40 seconds of play for the Boilermakers to beat a determined Minnesota eleven, 14 to 7.

An insignificant safety in the opening minutes of play proved the winning margin as Brown beat Yale 21-20. Despite a perfectly executed touchdown drive in the first four minutes the Princeton Tigers didn't have the stuff for a full game and lost to Villanova 45-22.

A game but undermanned Columbia team fought bitterly but couldn't match the manpower as Dartmouth bumped them over for the sixth straight time this season, 47-13.

Cornell beat Penn State, 47-13, while Harvard was beating Camp Edwards, 14-7. Rutgers scored twice to beat its old rival, Lafayette, 13-0.

Ohio State spent an enjoyable afternoon uncrossing Pitt's 'T'. The final score read Ohio State 46, Pittsburgh 6. Holy Cross walloped Temple, 42-6.

Georgia Tech must not have read the Louisiana State press notices. The Rambling Wreck used L. S. U.'s

# Spud Chandler Wins American League Award

**NEW YORK**—Spud Chandler, New York Yankee pitcher, whose earned-run average of 1.67 was the lowest in the American League in the last 25 years, was named the league's most valuable player for 1943.

Chandler hurled the Yankees to 20 wins against 4 defeats during the regular season and then topped it all with a pair of wins against the Cardinals in the World Series.

Chandler polled 246 out of a possible 336 votes. Second place in the poll went to the league's top slugger, Luke Appling, and third place to home-run champion Rudy York.

Rookie Bill Johnson of the Yankees was fourth in the poll with Washington's Bob Johnson fifth.

During the season Chandler appeared in 30 games, went the route in 20 and pitched five shutouts. He worked in 253 innings, gave up 186 hits, walked 54 and struck out 134. He was beaten by Washington and Cleveland twice apiece.

At the plate Chandler whacked out 25 hits, including five doubles and two homers, for a .258 average.

# British Sailors Win Soccer Game

**CAMP STEWART, Ga.**—A British Navy team is the soccer champion of Stewart. The Tars annexed the title by downing an eleven from the British Composite Battery, now visiting this camp, 7-3, in a blistering duel on the Post Parade Ground.

The straight kicking Tars, representing a British warship now at Charleston, S. C., took advantage of every break and only superhuman effort on the part of Lt. Leslie Coburn, goal tender for the losers, kept the winning team's score down to seven points. The Tars looked much sharper and were in better shape than the Tommies.

Outstanding player of the game was the Navy's Lingard. The Tars were captained by Booter Irving.

Van Buren for a tackling dummy and rambled home to a 42-7 win. Duke gave everyone a chance to score and they did at the expense of North Carolina State, 75-0.

Down in the Texas conference Rice beat Arkansas, 20-7, Texas A. & M. got in gear for its Texas game by beating Southern Methodist, 22-0, and Texas Tech gave Texas Christian a neat 40-20 going-over.

Southwestern beat Bryan Air Base, 20-6, Virginia State beat Camp Pickett, 6-3, and Wake Forest pulled a mild upset by beating North Carolina Pre-Flight 20-12.

Illinois and Iowa played a bang-up game before the Illi topped the Iowa eleven, 19-10. Michigan continued to roll with Indiana its 23-6 victim. Missouri climbed another notch in its Big Six pennant campaign by beating Iowa State, 25-7.

De Pauw's scoring machine didn't falter as it rolled over Fort Knox, 42-0. Oklahoma posted hapless Kansas, 26-13, and Tulsa continued on its win spree by beating Oklahoma A. & M., 55-6. Iowa Pre-flight, using some ex-Marquette players, beat the Marquette eleven 46-19.

San Diego Naval gets credit for the biggest upset of the week. The Naval nine knocked the Southern California eleven out of the undefeated class with a 10-7 win. California took San Francisco into camp 32-0, and Colorado beat Utah in their time-honored series, 22-19.

Charleston Coast Guard beat Camp Gordon, 25-6, Fort Douglas nipped Pocatello Air Base, 13-9, and St. Mary's Pre-Flight settled for a tie with Alameda Coast Guard, 13-all.

Salt Lake Air Base ran away with Bushnell Hospital, 59-0, and Sampson Naval had an easy time with the York Vikings, 55-0.

Norm Standlee, transplanted Chicago Bear back, led the Camp Davis Antiaircraft Blue Brigade eleven to a 31-6 triumph over Fort Monroe.

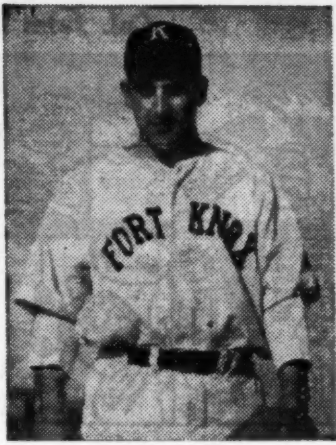
The Phil-Pitt promised their coach, Earl "Greasy" Neale, a win over the Washington Redskins but all they gave him was a 13-13 tie. The Phil-Pitt eleven gave Slinging Sammy Baugh one of his worst going-overs in years.

Chicago got revenge for its early season tie with the Packers with a 21-7 win. The Brooklyn Dodgers came out of the cellar with a 7-0 win over the Chicago Cardinals. The New York Giants and Detroit Lions battled to a 0-0 tie in the post.





Carvel Rowell  
Camp Sibert, Ala.



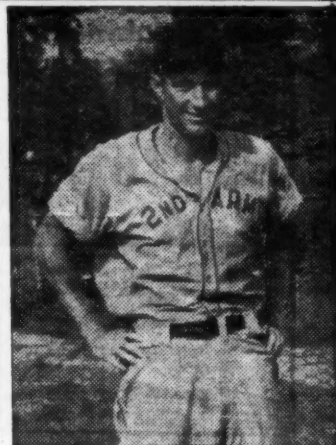
Felix Penso  
Fort Knox, Ky.



Willie W. Miller  
Langley Field, Va.



Hugh Mulcahy  
Second Army



Ken Sylvestri  
Second Army

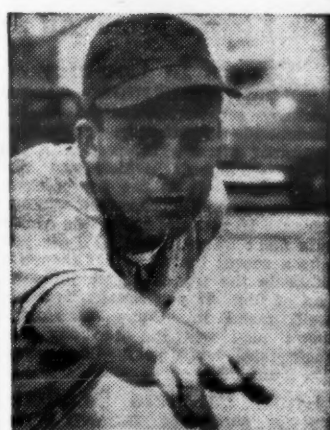
## Army Times All-Army Teams

### All-Army Stars from the Minor Leagues

Player	Position	Camp	Experience
Robert Henrickson	Pitcher	Fort Lawton, Wash.	Vancouver, WIL
Leo Twardy	Pitcher	Craig Field, Ala.	Nashville, SA
Michael Barbolla	Pitcher	Camp Wallace, Tex.	San Antonio, TL
Clinton Hartung	Pitcher	Hondo Field, Tex.	(Team unknown) AA
Paul Minner	Pitcher	New Cumberland, Pa.	Knoxville, SA
John C. Bottarini	Catcher	Kirtland Field, N. M.	Syracuse, IL
George Lacy	Catcher	Camp Campbell, Ky.	Minneapolis, AA
Earl Torgesson	1st Base	Fort Lawton, Wash.	Seattle, PCL
Dale Lynch	2nd Base	Fort Story, Va.	Atlanta, SA
Albert Marshall	Shortstop	Geiger Field, Wash.	Jackson, SEL
William Miller	3rd Base	Langley Field, Va.	Florida East Coast League
Richard Henry	Util. Infielder	Napier Field, Ala.	Charleston, MAL
Felix Penso	Util. Infielder	Fort Knox, Ky.	Seattle, PCL
Gray Azparren	Outfield	Fort Sill, Okla.	Pacific Coast League
Grayson Davis	Outfield	Fort Oglethorpe, Ga.	Appalachian League
Ralph Ellis	Outfield	Camp Wheeler, Ga.	Atlanta, SL
Lynn Myers	Outfield	New Cumberland, Pa.	Rochester, IL
Paul Armstrong	Outfield	Camp Adair, Ore.	Montgomery, SEL



Grayson Davis  
Fort Oglethorpe, Ga.



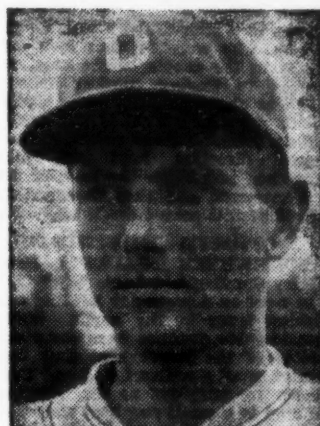
Jack Ping  
Camp Lee, Va.



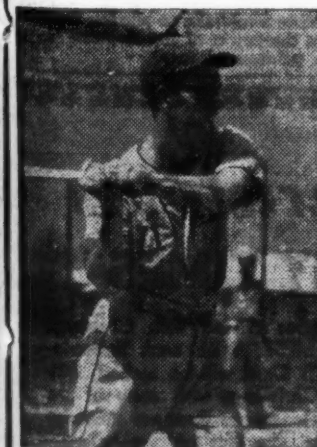
Joe Watt  
Camp Atterbury, Ind.

### All-Army Stars from the Major Leagues

Player	Position	Camp	Pre-Army Experience
Sid Hudson	Pitcher	Waco Field, Tex.	Washington Senators
Hugh Mulcahy	Pitcher	2nd Army, Memphis, Tenn.	Philadelphia Phillies
Tommy Hughes	Pitcher	New Cumberland, Pa.	Philadelphia Phillies
John Beazley	Pitcher	Berry Field, Tenn.	St. Louis Cardinals
Bob Carpenter	Pitcher	Camp Grant, Ill.	New York Giants
George Tebbetts	Catcher	Waco Field, Tex.	Detroit Tigers
Ken Sylvestri	Catcher	2nd Army, Memphis, Tenn.	Chicago & N. Y. Yankees
George Archie	1st Base	Fort Riley, Kans.	Senators and Browns
Lou Stringer	2nd Base	Williams Field, Ariz.	Chicago Cubs
Cecil Travis	Shortstop	Camp Wheeler, Ga.	Washington Senators
Don Kolloway	3rd Base	Camp Grant, Ill.	Chicago White Sox
Roy Bell	Util. Infielder	Camp Adair, Ore.	Browns and Tigers
Nathan Blair	Util. Infielder	Selman Field, La.	Philadelphia Athletics
Harold "Pete" Reiser	Outfield	Fort Riley, Kans.	Brooklyn Dodgers
Carvel Rowell	Outfield	Camp Sibert, Ala.	Boston Braves
Andrew Gilbert	Outfield	Geiger Field, Wash.	Boston Red Sox
Al Roberge	Outfield	Fort Devens, Mass.	Boston Braves
Pat Mullins	Outfield	New Cumberland, Pa.	Detroit Tigers



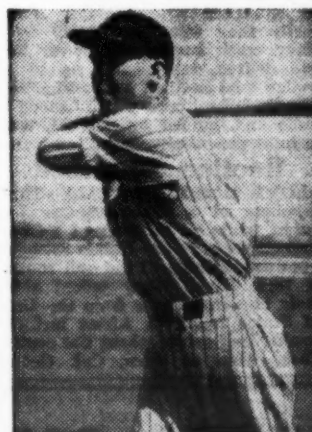
John Beazley  
Berry Field, Tenn.



Dale Lynch  
Fort Story, Va.

### All-Army Stars from the Sandlots and Colleges

Player	Position	Camp	Experience
Edwin Petrazollo	Pitcher	Camp Stewart, Ga.	Brooklyn Sandlots
Eddie Murphy	Pitcher	Fort Devens, Mass.	Holy Cross
Malcolm Mallette	Pitcher	Camp Edison	Syracuse University
Bill McCahan	Pitcher	Colby Cadets, Me.	Duke University
Louis Kretlow	Pitcher	Enid, Okla.	Oklahoma University
Jack Ping	Pitcher	Camp Lee, Va.	Iowa University
Eddie Cox	Catcher	Chatham Field, Ga.	Hartford, Conn., Sandlots
John A. Thompson	Catcher	Craig Field, Ala.	Iowa State College
Bill Boyce	1st Base	Fort Devens, Mass.	Boston College
Michael K. Bowen	3rd Base	Camp Luna, N. Mex.	Connecticut Semipro
Joe Watt	2nd Base	Camp Atterbury, Ind.	Syracuse University
Herby Kohn	Shortstop	Colby Cadets, Me.	Ohio University
Bill Reed	Util. Infielder	Camp Grant, Ill.	Ripon College
Peter Sciarrotta	Util. Infielder	Camp Luna, N. Mex.	Trenton, N. J., School
Joseph Derrico	Outfielder	Camp Stewart, Ga.	Chicago High School
Zeb Wicker	Outfielder	Camp Van Dorn, Miss.	Rochester High School
Lew Morton	Outfielder	Enid Field, Okla.	Wichita Sandlot
George Wallick	Outfielder	Fort Story, Va.	Jersey City Sandlots



Harold Reiser  
Fort Riley, Kan.



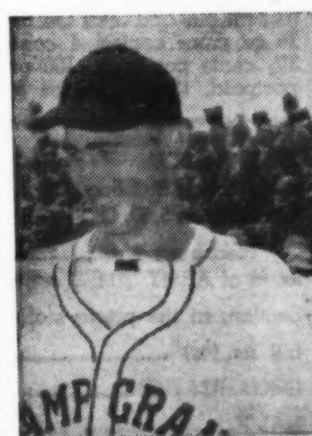
George Lacy  
Camp Campbell, Ky.

### Other Nominations

William V. Wyss, New Castle Army Air Base, Wilmington, Del.; John Grodzicki, Ft. Knox, Ky.; Jack Griffore, George Byam, Al Kozar, Willie Long, Lou Roede, Erwin Dusak, Al Flair, Headquarters Second Army, Memphis, Tenn.  
Donald Prather, Clyde Lauderbaugh, Camp Stewart, Ga.; Ray Huber, A. R. Simmons, Fort Story, Va.; Don Arnold, Kenneth Johnson, Howard Maderski, Camp Campbell, Ky.; Jerry Steiner, Camp Atterbury, Ind.; George Yankowski, Ft. Devens, Mass.  
Harry Jordan, Camp Wheeler, Ga.; Joseph Gantenbein, Frank A. Crespi, Ken Heintzman, Frank Laga, Ft. Riley, Kans.; Ira Mellor, Camp Edison, N. J.; Spencer Smith, H. Prosk,

Camp Sibert, Ala.; Joseph H. Szuch, Camp Wallace, Tex.  
Joe Skurski, Russ Bauers, Camp Grant, Ill.; Isidore S. Cheroff, Gerard Pietrofere, Jr., Camp Joseph T. Robinson, Ark.; Clarence Beers, Kirkland Field, N. M.; Buster Mills, Walter Evers, Nick Popovich, Waco Field, Tex.; Raymond Brown, Geiger Field, Wash.  
Bill Hankins, Ray Honeycutt, Claude Gilchrist, Monty Basgall, Enid Field, Okla.; Leroy Paton, James Robinson, Fort Lawton, Wash.; Leo Twardy, Marvin Rockley, Craig Field,

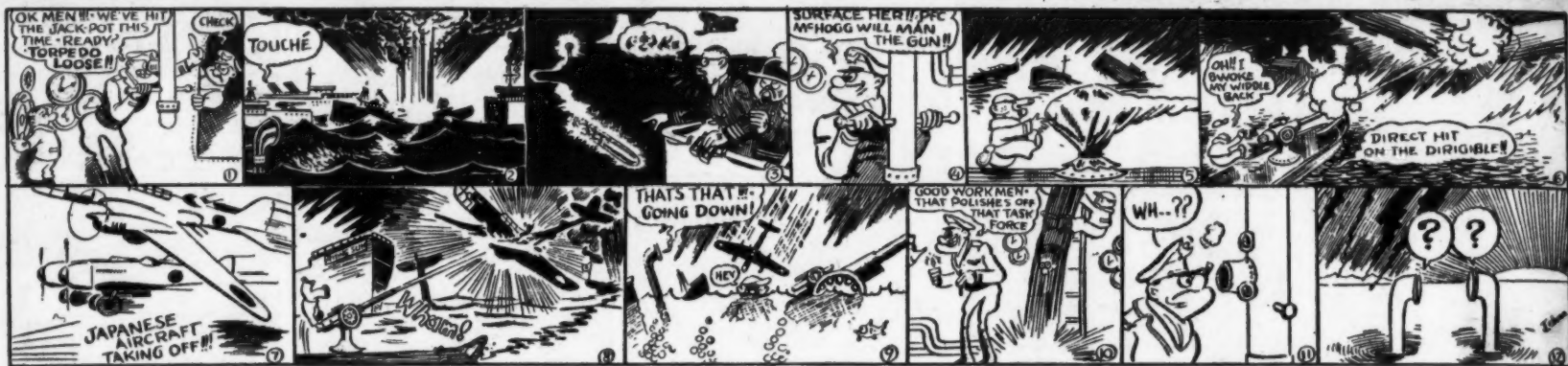
Ala.; Alexander Rosenberg, Camp Luna, N. M.; Stan Golitz, Lee Peterson, Williams Field, Ariz.  
Les Burge, Gene Lambert, Ft. Oglethorpe, Ga.; Hubert C. Andrews, Independence Field, Kans.; Domenic Rebecca, Rob Rhawn, Chuck Harig, Fred Caligiuri, Danny Tomaso, New Cumberland, Pa.; Ray Adamski, Camp Lee, Va.  
Cliff Smith, Ft. McPherson, Ga.; Alvin Romple, Ft. Sill, Okla.; Pete Medak, Fred Dudgeon, Othel Payne, Edwin Steinhauer, William Murray, Gerry deBouchel, Selman Field, La.; Jack Knoll, Camp Adair, Ore.; Ed Bauman, Jim Wilhelm, Ed Monstrols, Lefty Livingston, Camp Van Dorn, Miss.



Don Kolloway  
Camp Grant, Ill.



Colonel Wrightflank



Cpl. John Dunn, Geiger Field, Wash

LIFE AT THE FRONT

Reports On Fighting Men From All Over The World

Orders in Cockney

SOMEWHERE IN INDIA—A young cockney sergeant-instructor at the Commando assault course of an RAF regiment attracts interest with his verbal comments, which run like this: "Don't sit on the top of them there walls and make yerself a 'uman targit. If you drown in the water pits don't worry, chum. I'll see you gits a decent burial. . . . If there's a bloke in the trench ahead, jump on top of 'im. If you breaks 'is back, we'll mend it. Come on chums. Don't play wiv it. Anybody lost their false teeth yet? Good show No. 2 and 3."

Good Pitchers Needed

NEW GEORGIA ISLAND—Requests go to Red Cross from this South Pacific area for field directors with good pitching arms. The reason for this was illustrated in battles here which became so hot that the men could not leave their fox-holes for some time, so that Red Cross men Jim Gilbert and Robert Dixon, who were in their own fox-holes in the center of the area, resorted to tossing comfort articles such as chocolate bars, razor blades, tooth paste and such, to soldiers in other holes. Bullets whining from every direction kept the men crouched just below the level of the undergrowth, but they managed to get the stuff meant for them.

Northern Adventure

SOMEWHERE IN ALASKA—Pvt. Harry Sterling and Louis "Kit" Carson went on a seven-day hunting and fishing leave in the north. When considerable distance from camp the motor of the power boat they had rented from a native failed and they began to drift out to sea. Trying to land in a small row boat they had been towing, they were upset in a tricky current, and pinned beneath the boat. Getting out, they decided to return up the coast line but were stopped by impassable cliffs. Afraid of getting lost in the northern wilds they returned to the rowboat and stayed there several days. Eventually they were picked up by a Navy crash boat. The power boat had drifted, was picked up by an Indian who notified post authorities. The crash boat crew was informed by radio and, guided by a plane, went to hunt the missing men.

Routine Disturbed

SOMEWHERE IN ITALY—Three members of a Quartermaster battalion, while on the deck of a troopship en route to the Italian invasion, were complaining of the dull routine of their lives. They talked about their uneventful trip from the United States to North Africa last November and griped about the routine since. One of them, Cpl. George

Baskerville, tells how the routine was disturbed. "Suddenly," he says, "a geyser of water rose close to the side of the ship in front of us. Following came a deafening explosion, followed by the command 'Abandon ship.' We were picked up shortly by an English destroyer, then transferred to an American mine-sweeper, and soon were aboard a British transport, and shortly placed ashore."

Column Of Poets

"That Democracy Might Live"

A score of months have flown with time,  
And in their passing left behind  
Countless Americans entombed  
Beneath the sod in nature's womb;  
Back to the soil from which they came.  
Have they given their lives in vain?

Fallen on foreign battlefields  
Their names the peaceful silence shields;  
Unknown to anyone save God,  
They lie at rest 'neath distant sod,  
Without reward, or praise, or fame.  
Have they given their lives in vain?

We offer supplication, Lord,  
Cripple the hand with naked sword  
Threatening this, our world today,  
That lasting peace might reign; we pray  
That those who died in untold pain  
Have not given their lives in vain.  
Cpl. Robert M. Dougherty,  
Camp Forrest, Tenn.

Changes

Oh, the WACs they came to our camp,  
And they've really changed the place.  
My shoes shine like a mirror,  
I even wash my face.

I'm "alkalizing" daily,  
I "luz" my undies, too,  
My manners are improving,  
And swearing is taboo.

I walked down to their barracks  
Last night to look around.  
I guess I was expected,  
'Cause all the shades were down.

My gal back home is worried,  
And she wrote me, "Honey dear,  
Do WACs have something I ain't got?"

I said no, but they've got it here.  
Cpl. Irving Gilman,  
Drew Field (Fla.) Echoes

AGF: The Week's News of the Army Ground Forces Straight from Headquarters in Washington

HEADQUARTERS, AGF—A full-track vehicle course of four weeks duration has been initiated at the Field Artillery School, Fort Sill, Okla., with members of Class No. 12, the first for which quotas are available, reporting to the school Dec. 11. It was announced by Lt. Gen. Lesley J. McNair, Commanding General of the Army Ground Forces. Classes of the new course will report on Saturday of each week.

Eligible to send officers and enlisted men to the course are those field artillery units which have, or will have in the immediate future, tractors or self-propelled mounts in use. Students selected, General McNair said, must be graduates of a motor course at the Field Artillery School or of an equivalent course.

Providing they are allotted quotas for the full-track course, commanders who have officers and enlisted men already attending the Field Artillery School's motor course may arrange with the Commandant to have the students held upon graduation and entered in a full-track vehicle class, if no longer than a 10-day holdover is involved. All or a part of the allotted quota may be filled with such students.

General McNair further stated that requests for quotas for the full-track course must be made by direct correspondence to the Commanding General, Replacement and School Command, Birmingham 3, Ala., no later than five weeks before the reporting dates of classes concerned. Such requests, he said, must specify whether quotas are desired for the self-propelled mount section or the tractor section.

An appropriate ceremony for the presentation of civilian service emblems to all eligible civilian employees of Army Ground Force installations will be held Dec. 8, providing delivery of the emblems to installation commanders can be accomplished in time.

Commanders of those installations employing civilian personnel have already been requested to requisition from Ground Force Headquarters the number of emblems required. Information has also been requested in connection with the qualifications of civilian employees for each of the three awards.

The Emblem for Civilian Service is awarded by the commanding general of the employing installation or an appropriate commander delegated by him. The Emblem for Meritorious Civilian Service is presented by the Commanding General, Army Ground Forces, or his designated representative; while the Emblem for Exceptional Civilian Service is awarded by the Secretary of War or any person designated to act for him.

An official pamphlet entitled "Do You Have a Date With the Future?" implemented by a letter from the Director, WAC, and describing educational opportunities available to members of the WAC, will be published by WAC Headquarters and distributed to all WAC personnel.

In order to make certain that all mail received up to and including 12 m. on Dec. 24 is delivered to addressees before Christmas Day, plans are being made now to detail additional personnel to the postal service at all Ground Force installations during this period.

It has been emphasized that Christmas mail will not be allowed to congest Army postal channels or interfere with handling of official communications.

ANTI-AIRCRAFT COMMAND—Maj. Gen. Joseph A. Green, Commanding General of the Anti-Aircraft Command, has announced the award of the Soldier's Medal to 1st Sgt. Selden Fontenot for heroism at Camp Irwin, Calif. Sergeant Fontenot is now assigned to an Anti-Aircraft Artillery automatic weapons battalion at Camp Haan, Calif.

Following two years spent in Gibraltar as a military observer, Lt. Col. Carl W. Holcomb has assumed new duties as Secretary of the Anti-Aircraft Artillery School, succeeding Col. Paul W. Cole.

Col. Riley H. McGarraugh, returned from combat duty in North Africa, is now head of the Anti-Aircraft School's Automatic Weapons Department, with Lt. Col. Robert M. Mardy, former head of the Department, as his executive.

REPLACEMENT AND SCHOOL COMMAND—More than 1000 residents of two Kansas cities, including members of civic, professional and veterans organizations and their families, witnessed a recent night firing problem staged by a student officer class of the Cavalry School, Fort Riley, Kans. Invitation to observe the training exhibition, which is part of the instruction absorbed by every student officer and officer candidate class of the Cavalry School, was extended by Brig. Gen. Rufus S. Ramey, Commandant of the Cavalry School, who, with Col. Ernest A. Williams, head of the school's Department of Weapons, welcomed the visitors.

All cavalry weapons were fired during the two-hour demonstration. In the first phase students fired from prepared positions on targets on which the guns had been registered during daylight. As students shifted from one target to another, using various types of fire, a Cavalry School weapons instructor explained tactical situations over a loud-speaker system.

In the second phase student officers, as part of their program in battle conditioning, advanced under overhead tracer fire. The students took their weapons out of position during the final phase and, under blacked-out conditions, hit the "enemy" with massed fire from a new position on the flank.

Various types of flares, tracer ammunition, exploder targets, land mines, artillery whistles, blinker lights representing the fire of "enemy" weapons and white phosphorus mortar shells offered both visitors and students a realistic likeness of actual battle conditions.

ARMORED COMMAND—Twelve officers and 16 enlisted men of the

Armored Command have been awarded the Silver Star for gallantry in action with armored forces in Tunisia.

Lt. Gen. Jacob L. Devers, commander of U. S. forces in the European Theater of Operations, and Brig. Gen. David G. Barr, deputy chief of staff of the European Theater, have been awarded the Distinguished Service Medal for their services in the development of the Armored Command. General Devers was formerly Chief of Armored Force from August 1, 1941, to May 11, 1943. General Barr served as Chief of Staff of the Armored Force from June 15, 1942, to July 14, 1943.

The 5th Armored Division has donated \$5,000 to War Fund and Community Chest campaigns and \$2,000 to the Watertown, N. Y., Community Chest. The funds were voluntary contributions to officers and enlisted men of the division.

XIII CORPS—In an Armistice Day speech delivered to residents of Scranton, Pa., Brig. Gen. John E. Hinds, artillery commander of the XIII Corps, declared that Americans must not "be lured by the hope of an early cessation of hostilities into any such tragic error as the armistice of 1918."

Germany should not be given a breathing spell during which she can rearm, General Hinds said. He urged Americans to assure themselves that never again will Germany rise to strike at other nations.

"Had it not been for the courage and determination of the British and the cold, stoic bravery of the Russians, the situation might have been very different," General Hinds declared. "The Germans would be victorious in Europe—with the result that we would have eventually been at the mercy of the nation which set out to conquer the world."

A veteran of the Tunisian campaign, General Hinds described the work being done by American armed forces in combat areas. He stated that both the Allies and the Axis made a mistake in placing their faith in the power of the airplane "to gain a painless victory."

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